Raw Living Foods®

Lifestyle Recipes

Supplement to *The Handbook to Going Raw*$_{TM}$

The Wisdom and Teachings of Dr. Ann Wigmore

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These recipes have been compiled from five years of our newsletter, *chi Living Foods News*, and from the many recipes emailed to us by our readers. All recipes are reprinted with the permission of the creators.

To one and all – *Thank You* for making this compilation of wonderful Raw and Living Foods recipes possible!

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Cooking foods above 118 degrees Fahrenheit destroys digestive enzymes. When this happens, the pancreas, salivary glands, stomach and intestines must all come to the rescue and furnish digestive enzymes...to break down all these substances. To do this repeatedly, the body must rob, so to speak, enzymes from the other glands, muscles, nerves and the blood to help in its demanding digestive process.

Eventually the glands - and this includes the pancreas - develop deficiencies of enzymes because they have been forced to work harder due to the low level of enzymes found in cooked food...Your chances therefore of not putting a burden on your pancreas are better if you eat as much raw food as possible.

William H. Philpott, MD - *Victory Over Diabetes*

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Introduction

Dr. Ann's Teachings

Dr. Ann Wigmore *usually disagreed* with the use of culinary herbs (with a few exceptions) and spices.

For many people this field is incomprehensible because it is so large. Some herbs are strong in flavor and many wild edibles resemble poisonous plants that the amateur forager many unwittingly use. Proper identification is most important and practicing with professional guidance is recommended.

Herbs, medicinal and culinary, and spices, including garlic and onions, "kick" the body into doing things it's supposed to (*forcing* the issues, in some cases), instead of "easing" the body through it's healing (in other words, too harsh and sudden). It is not recommended that those dealing with degenerative or terminally diagnosed diseases use herbs and spices until after at least the first three months, or better yet, after one year on the living foods program.

The following items are NOT a part of the Dr. Ann Wigmore Raw Living Foods Lifestyle:

Spinach

Salt, including Sea Salt

Onions and Garlic

Honey, Agave and Maple Syrup

Especially not Bragg's Liquid Aminos

Vinegar, even so-called "raw" apple cider vinegar

Citrus (including Tomatoes, which are really a citrus fruit)

Nightshades,like potatoes, eggplant, bell peppers, hot peppers (including cayenne), and tobacco

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Dr. Ann never used or recommended any type of fermented salty condiment. Dulse and kelp were the two mainstays for a salty taste containing minerals and trace minerals. Nothing like soy or nama shoyu or tamari.

There was one thing that was tried in Boston, miso, and that originally had a nipple on the plastic cover, to allow the gasses to give off, but since then, they put it in airtight containers. Thus, it would no longer be allowed because it is nothing but salty protein/starch.

It is so easy to just *soak* the sesame seeds for 4 hours and *sprout* them in the fridge for 4 hours and then *blend* them. Then you have real tahini, not canned stuff that is being passed off as raw.

Recipes included in this book that contain these items are *transitional* – sometimes they're what you might require *temporarily,* to stay on the lifestyle or for special meals.

That's why they're presented. We just want *you* to understand that they are *NOT* part of the lifestyle.

Dr. Ann in the Garden

- Special thanks to Dr. Flora van Orden III, Dr. Ann Wigmore's long-time assistant, for her contributions to this introduction.

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A Two-Week Raw Living Foods Menu
- Fasting - Week One

Monday
Breakfast: Watermelon juice and mild green energy soup, or apple juice in the fall
Noon: Green drink (optional) (fresh fruit & veggie drink – see Lesson 6 in the *Handbook*)
Lunch: Mild green energy soup
Dinner: Mild green energy soup

Tuesday
Breakfast: Watermelon juice and mild green energy soup, or apple juice in the fall
Noon: Green drink (optional)
Lunch: Mild green energy soup
Dinner: Mild green energy soup

Wednesday
Breakfast: Watermelon juice and mild green energy soup, or apple juice in the fall
Noon: Green drink (optional)
Lunch: Mild green energy soup
Dinner: Mild green energy soup

Thursday
Breakfast: Applesauce, apple pear sauce, or apple peach sauce
Noon: Green drink (optional)
Lunch: Sprout, lettuce, and wild edibles salad, with avocado dressing. Green energy soup with more greens and avocado.

Friday
Breakfast: Watermelon, melon, or apple, pear, peach, berry smoothie
Noon: Green drink (optional)
Lunch: Sprout, lettuce, and wild edibles salad, with avocado dressing (tomatoes, cucumbers may now be used). Green energy soup with wild edibles and avocado.
Dinner: Sprout, lettuce, and wild edibles salad, with avocado dressing (tomatoes, cucumbers may now be used). Green energy soup with wild edibles and avocado.

Saturday
Breakfast: Rye groat or Oat groat meal with banana or apple.
Noon: Green drink (optional)
Lunch: Nori rolls, and green energy soup.
Dinner: Green energy soup with Sprout loaf (lentil, garbanzo, or pea) and sauce

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- Building - Week Two

Sunday
Breakfast: Smoothie, Watermelon, melon, or citrus
Noon: Green drink (optional)
2:30: Buffet (seed cheese)

Monday
Breakfast: Watermelon juice, or mild green energy soup
Noon: Green drink (optional)
Lunch: Mild green energy soup (no fat)
Dinner: Mild green energy soup (no fat)

Tuesday
Breakfast: Melon, rye meal, oat meal, fruit smoothie, or citrus
Noon: Green drink (optional)
Lunch: Green salad with tomatoes, cucumber, pepper, and onions (oil based dressing), tasty green energy soup. Crackers!
Dinner: Green salad, tasty soup, crackers, and seed cheese.

Wednesday
Breakfast: Fruit smoothie, melon, or cut fruit
Noon: Green drink (optional)
Lunch: Green salad, alligator eggs
Dinner: Green salad, tasty green energy soup

Thursday
Breakfast: Smoothie, melon, or fruit
Noon: Green drink (optional)
Lunch: Ice cream social
Dinner: Green salad, tasty green energy soup, and seed cheese.

Friday
Breakfast: Smoothie, melon, or fruit
Noon: Green drink (optional)
Lunch: Tasty green energy soup

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Eating Raw and Feeling Full

By James Carey

During a recent radio interview with Kerry Pharr (http://www.live365.com/stations/goodfightradio_oda?site=goodfightradio_oda) he mentioned going Raw for three days, and then gave up because he was always hungry. I have the solution for that:

A) To make a raw dish that is delicious and satisfying it is necessary to have all five of these flavors in your recipe:

1. Sweet/Pungent (Onion)
2. Sour
3. Salty
4. Spicy
5. Bitter

The ratios will change with the type of dish you are creating. The key to creating great Raw Recipes is learning to balance the five flavors. With time and practice creating Raw Gourmet food will be second nature to you.

- Excess sour is balanced by sweet.
- Overly bitter is balanced sour.
- Fats tone down spices, and mellow too much sweetness.
- Salt brings out flavors.

Breakdown of the five tastes:

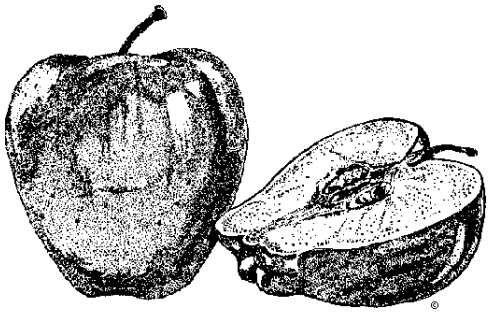
1. Sweet: banana, dates, mangos, apples, raw honey, stevia extract
2. Sour: lemon juice, lime juice, raw apple cider vinegar, grapefruit juice.
3. Salty: Celtic sea salt, Nama shoyu, kelp, dulse, miso, celery.
4. Spicy: hot pepper, garlic, cayenne pepper.
5. Bitter: kale, lettuce, culinary herbs.

B) Quantity. We're used to having small bowls of salad with our meals (at best). When you're a rawbie, what might look like a salad for four is now dinner for one. For active guys in particular, don't hesitate to eat an entire salad bowl for lunch, or a blender or more of green smoothie for breakfast. Supper should be a small meal.

C) Eating on a schedule. Get you body used to eating on time. I eat at 7:30 am, 12:30 pm and 5:30 pm. Within a few days your body will begin producing digestive juices on schedule, digesting your foods more completely, and leaving you alone between meals.

D) Listen to your body, and eat only what it needs. If you're coming off the SAD, this might mean training your body as to what it needs vs. what it wants.

- Thanks to Victoria Boutenko (www.RawFamily.com) for the "5 Tastes" insight.



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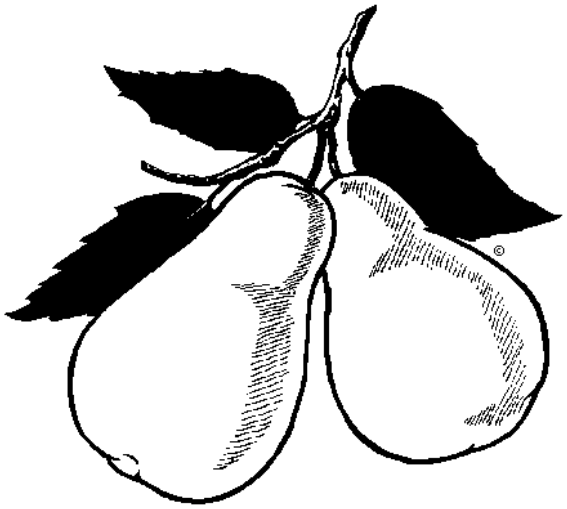
Enjoying Being in the Kitchen

Do you like being in your kitchen and preparing food? I mean do you *really* like to be in your kitchen?

For me, it is very important to be surrounded by colors, light and utensils I like to handle. After all, I want to prepare delicious food, and the main ingredients besides organic produce (if possible) are lots of love. That means my spirit must be in a good mood in order to transfer love into the food.

I don't want to sound too esoteric about this rather intangible ingredient "love." By now many of us have heard about vibrations. I am sure you have been in a situation where somebody emanated less than loving vibrations towards you. Not a pleasant spot to be, wouldn't you agree?



However, if you are in the presence of lovebirds, the love they radiate seems to be so catching. And it is actually catching. We feel touched by love. Pets feel the love and even plants, as studies have shown (Secret Life of Plants). Can you imagine how your body and the people you delight with your culinary creations will change if they continuously are exposed to this loving vibration via food?

I need to be in a loving space, mentally and physically, in order to prepare food. That means my environments reflects my taste in dishes, in silverware and, yes, even the strainers. Anything I handle on a daily basis must be zangy, zingy and zippy. Purple salad utensils, green plates, various colorful dishes, little cheerful containers for leftovers. You get the idea.

You must have fun in the kitchen, especially when transitioning. It is a new chapter in your life. Time to let go of the old (Goodwill stores are just around the corner)... which holds a lot of memories and might keep you in old patterns.

Fun, sunny dishes and gadgets must not be expensive. Any "dollar store" has great kitchenware for a very reasonable price. Pick your favorite colors and play.

Practicality is another ingredient in the raw kitchen. You might want to cover your stove with a big cutting board (cut the electricity/gas to prevent accidents), which will give you more counter space. Leave blender and food processor close by.

Rearrange your fridge for convenient handling of the various foods such as top shelf for sprouts, middle shelf for leftovers, get one or two big extra containers for the kale and collards, and wash them before storage. I think you are catching on... Have fun and enjoy!

- Renata Dorner

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Storing Flax

Dear Steven Gibb,

Thank you for your email.

We have never done a study regarding storage for flax seed crackers; however, I can give you the following information for review:

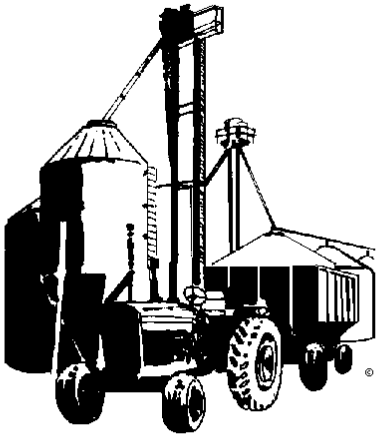
- Whole flax seeds can be stored at room temperature for at least one year.
- Ground flax can be stored at room temperature for at least four months.
- Storing whole or ground flax in the refrigerator or freezer prolongs freshness.
- Whole flax seeds and ground flax are stable during storage. Researchers at Canada's Health Protection Branch and the University of Toronto tested the stability of flax by measuring the oxygen consumption of samples held in sealed tubes for 280 days (nearly 10 months) at room temperature. The samples used little oxygen, showing good stability during storage.

Storage stability was equally good for whole seeds and University of Manitoba and the Canadian Grain Commission confirmed the stability of flax during storage at room temperature. Even after storage for 128 days under conditions similar to those found in commercial bakeries, trained panelists could not detect flavor differences among slices of yeast bread made with ground flax and stored in paper bags with plastic liners for zero degrees and 128 days.

I'm sure you can store the crackers for a good time.

I hope this information is useful.

Yours truly,
Monika Haley, Executive Assistant



Raise your Body Heat

For cold days, here are some raw warming foods that raise your body heat...

Legumes, sprouted	**Carrots**
Squash	**Parsnips**
Beetroot	**Walnuts**
Coconut	**Dates**
Red pepper	**Pine Nuts**
Chilies	

- By Karen Knowler, from the November issue of Pear Magazine: www.PearMagazine.com

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Alternative Sweeteners

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by Michael Snyder

It is time to prepare some delicious and guilt-free sweet treats! If you follow the recipes found in the average cookbook, you'll be using pounds of processed sugar. At last, there are now delicious alternatives to sugar that will amaze your taste buds. These alternatives to sugar are healthy and you won't feel guilty for indulging in dessert.

Most people are aware of the health dangers created by processed sweeteners such as white and brown sugar, high fructose corn syrup, cooked honey, and aspartame. These sweeteners must be avoided at all costs if you want to improve your health. If you haven't done so, please read this excellent article by Dr. Nancy Appleton titled "124 Ways Sugar Ruins Your Health". www.nancyappleton.com/pages/damages.html

The many dangers of aspartame are described in detail on this excellent website, www.holisticmed.com/aspartame/

The living foods diet provides many delicious and healthy alternatives to the processed sweeteners commonly used. Some of the most popular foods used as sweeteners in the living foods diet include stevia, agave nectar, fresh or dried fruits, dried or frozen berries, dates, young coconut, yacon syrup, and raw honey. If a cooked recipe calls for processed sugar, one of these ingredients will be an excellent substitute. Use these sweeteners to make living food versions of cakes, pies, cookies, ice cream, nut mylk shakes, puddings, chocolate bars, and similar goodies. You will feel wonderful after eating the raw food sweet treats and your energy levels won't crash an hour after eating.

Stevia is the ultimate sweet leaf. A native of Paraguay, South America, stevia is a low glycemic herb that can be purchased as a powder, liquid extract, or as a dried whole leaf. It is 30 times sweeter than white sugar in its unprocessed form. It contains zero calories, it registers as zero on the glycemic index, and it contains health promoting vitamins and minerals. When stevia is concentrated in a powder or liquid form it is up to 300 times sweeter than sugar, yet it is safe for diabetics. You only need a quarter teaspoon to sweeten up a recipe or beverage. You can easily grow your own plant and grind the dried leaf into a powder. Avoid the alcohol-extracted and refined forms.

Agave nectar is exciting new mineral-rich syrup that comes from the agave cactus. It has a natural and delicious taste similar to honey or maple syrup. It is absorbed slowly into the bloodstream and doesn't significantly raise blood sugar levels. It has a low glycemic index rating and is safe for diabetics and those with hyperglycemia. There are many companies distributing agave nectar but not all of them are raw. If the label doesn't say raw you may want to contact the company to verify that it isn't heated above 118 degrees.

Fruits are the perfect natural sweeteners for any recipe. The addition of apples, pears, dates, berries, bananas, or oranges will add a delicious sweet taste to your food. Fresh, raw

fruit juice can be added to the recipe instead of water to give it additional flavor. Dried fruits such as raisins, tomatoes, and apricots are concentrated sugar sources and should be soaked in water for a minimum of half an hour. These nutritious foods are equally as sweet as processed sugar and they taste much better.

Young coconutsare highly nutritious, delicious, and easy to digest. The young coconuts, also known as Thai, jelly, shaved, green, Asian, or water coconuts, is usually found in Asian grocery stores. They are white and cylindrical with a point on the top. The mineral rich water is very sweet and should be used in recipes in place of water. The coconut tree acts as a water filter and takes nine months to create one liter. The coconut water is virtually identical to human blood plasma and has a similar electrolyte balance.

The latest sweetener to hit the market is **Yacon Syrup**. The yacon is a root vegetable similar to a sweet potato from South America. The yacon is different from other roots and tubers in that it stores the carbohydrates as simple sugar instead of starch. This raw syrup can be used in recipes in place of honey and maple syrup. This is mineral rich raw syrup similar to agave nectar. Farmers in North America have recently started to grow yacon, which is becoming available in local Farmers' Markets and health food stores.

These living food sweeteners will help you create the most delicious desserts ever made. Your friends and family will be amazed at how delicious they taste. They won't believe that something tasting this good is actually healthy! Use these foods in your recipes and have the sweetest year ever!

Michael Snyder
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Lettuce comes from the plant family that includes daisies and thistles.Romaine lettuce or Cos is derived from the word Roman. One of the most popular of numerous varieties of lettuce, it has been grown for thousands of years and was popular during the Roman times - so the designation "Caesar salad" for a salad composed of Romaine lettuce is apt.

American per capita consumption of lettuce of all types doubled from the 1940's to the 1970's.

Unfortunately, the most popular variety of lettuce – iceberg-is not one that we can recommend. Iceberg lettuce accumulates cadmium, a toxic metal, and rates poorly in nutrient content. But other lettuces provide carotene, b-complex vitamins, potassium, phosphorus and all-important silicon.

Oriental medicine uses romaine lettuce in the treatment of alcoholism.

- *Nourishing Traditions*, by Sally Fallon

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Pumpkin Seeds

Save those pumpkin seeds! Pumpkin seeds support the function of the immune system, assist prostate health and help lower cholesterol levels. They are also a useful source of omega 3 fatty acids and zinc. Enjoy a time of family fun by turning them into a healthy whole food treat.

Remove the seeds from the pumpkin's inner cavity and wipe them off with a paper towel to remove excess pulp. Spread them out evenly on a paper bag and let them dry out overnight.

The next day, place them in a single layer on dehydrator trays and put them into the dehydrator for 8-24 hours. Its lots of fun and your family will reap the rewards of a healthy snack.

P.S. from Jan: Butternut, Acorn and other types of squash seeds are VERY tasty too! I like to put them on dehydrator trays and dry; saves all their nutrients and digestive enzymes.

-- Thanks to Jan Jensen

In Praise of the Sunflower Seed

- By Chet Day

If you're like me, you can stop and gaze for many minutes at a beautiful field or stand of sunflowers.

And if you're like me, you probably used to buy little plastic bags of sunflowers when you were a kid. You know the kind they were really salty and you'd crack the seed between your front teeth and then chomp down on the delicious kernel while spitting out the husk. And your mom would yell at your for spitting and acting common.

I loved those seeds when I was a kid, but, honestly, commercial sunflower seeds in the cellophane bags don't cut the mayonnaise compared to raw sunflower seeds and sprouted sunflower seeds.

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Talk about good protein, the protein in sunflower seeds can't be beat. And it won't clog up your innards like beefsteak and pork chops coagulated with grease. Raw sunflower seeds make for a tasty mid afternoon snack too, and they're a lot better for you than a Snickers bar or a Dr. Pepper. Wash 'em down by chewing them until they're a liquid. Savor the subtle tastes as your mouth enzymes break them down and prepare the seeds for stomach digestion.

Sprouted sunflower seeds? Better yet as a snack!

A lot better for your heart and health than commercial dairy from cows violated with growth hormones and all those antibiotics. Ready to add some real sunflower seeds to your diet? I hope so.

More info at: chetday.com/sunflower.html

> No man will be satisfied for any length of time with nourishment that tastes and smells of nothing, regardless of how rich it is in proteins, vitamins and trace elements.
>
> -Rudolph Steiner

Herbs and Spices

(News Wise) - A dash or two of herbs and spices might offer health benefits, according to the November issue of Mayo Clinic Health Letter...

Studies are exploring the therapeutic benefits of many herbs and spices, for example, turmeric as an anti-inflammatory to help regulate the immune system, ginger to prevent or relieve postoperative nausea and garlic to reduce the risk of cardiovascular disease...

Herbs and spices in foods may offer these benefits:

* Serving as a salt substitute: It's easy to reduce salt consumption by substituting spices.

* Providing antioxidants: Allspice, cloves, cinnamon, ginger, oregano, sage, thyme and turmeric powders are high in antioxidants. These plant chemicals may play a role in helping prevent conditions such as cancer, cardiovascular disease and Alzheimer's disease.

* Having cancer-fighting properties: Research suggests that antioxidants and other phytochemical substances found in garlic, rosemary, saffron, turmeric and other flavorings may have

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anti-cancer properties.

* Mildly lowering blood sugar: Limited evidence indicates that cinnamon, fenugreek and turmeric may mildly affect glucose levels in people with diabetes.

- From www.newswise.com/articles/view/535006/?sc=rsmn

Raw Recipe Resources

The Raw Vegan Kitchen videos - www.rawveganchannel.com/kitchen.html
The Garden Diet recipes - www.TheGardenDiet.com/abouttgd.html
Free Raw Recipe Videos Online - gliving.tv/shows/category/greenchefs/
Raw Recipe Books - www.rawveganbooks.com
The Raw Gourmet DVDs - www.rawgourmet.com/
Free Raw Recipes Online - rawfoods.com/recipes/

Dorit's Holiday Meal Video - Completely Raw Recipes

Dorit of SerenitySpaces.org prepares a healthy Thanksgiving or Christmas holiday meal for The Raw Vegan Kitchen show on NaturalParadigms.com (10 minute excerpt): www.youtube.com/watch?v=iX0iqZMwo8Q.

More Raw Vegan Recipe Links

www.rawfoodfocus.com/index.htm?rawfoodfocus_9.htm
www.purejoylivingfoods.com/recipes/index.shtml
www.rawfoodlife.com/raw_food_recipes.html
www.fresh-network.com/recipes/index.htm
creativehealthinstitute.com/links/links5.htm
www.living-foods.com/recipes/
www.therawtable.com
www.rawtimes.com

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Green Smoothies& Energy Soup

Green Drink Mixology - Fundamental Principles

- From chiDiet.com, *The Handbook to Going Raw*$_{TM}$

Every plant is a miracle with the ability to pull a unique combination of elements from the soil, water, sunlight and air. When we find one possessing the right balance to satisfy our requirements of health and healing, we have found our miracle.

"There are two vital aspects of chlorophyll that should not be overlooked. First is its creation in the plant as a result of a conversion of the sun's energy-which makes it a sort of living battery. Second is its remarkable similarity to a vital component of human blood - hemoglobin. Circulating in the bloodstream, hemoglobin molecules carry oxygen to the cells throughout the body." Dr. Ann Wigmore,*The Sprouting Book*.

"Chlorophyll deserves a high place in the eliminative diet program because it is a fluid which helps clean the cell structure of the body. It has vital minerals to help build these structures with new cell life." Dr. Bernard Jensen, The Healing Power of Chlorophyll.

Below is a list of a variety of greens and their effects on the body. All of these greens contain an abundance of chlorophyll. Decide which are best for you so you can incorporate them into your juices and energy soup.

- Alfalfa Sprouts: Rich in vitamins (including vitamin U for peptic ulcers) and trace minerals, it also contains eight essential digestive enzymes and eight essential amino acids. It helps cleanse the kidneys and provides energy and endurance.

- Beets and Beet Greens: Very rich in vitamins A and C, iron, calcium, potassium, magnesium, iodine and other trace minerals. This cultivated green is a powerful blood purifier and liver/gall bladder cleanser and is helpful with obesity. It also builds good blood.

- Buckwheat Greens: A wonderful building and cleansing food containing vitamins A, B1, B2, B6, B12, C, niacin, pantothenic acid, many minerals including rutin (a natural longevity agent due to its antioxidant properties) and calcium. Buckwheat greens are especially helpful in circulatory and heart problems as they also contain lecithin, a natural cholesterol-lowering fatty acid. Buckwheat juice is best mixed with other sprout, green and vegetable juices to make green drinks.

- Lecithin is one of the derivatives of glycerin and is of value for cases of malnutrition,

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rickets, anemia, diabetes and tuberculosis. Lecithin helps in the structural support of all cells, especially of the brain and nerves. It is important in preventing and correcting atherosclerosis, causing cholesterol and neutral fats to be broken into microscopic particles so they can be easily utilized by the tissues.

- Cabbage and Cabbage Sprouts: Cabbage is a good source of vitamins A, C and U, along with the trace elements iodine and sulfur. Cabbage is good for the digestive tract and helps ulcers.

- Carrots: This king of vegetable juices is extremely high in pro-vitamin A, which the body converts to vitamin A. It also contains vitamins B, C, D, E and K, as well as calcium, phosphorous, potassium, sodium and trace minerals. The alkaline minerals contained in carrot juice, especially calcium and magnesium, help to soothe and tone the intestinal walls, plus strengthen bones and teeth. Skin, hair and nails benefit from its high protein and mineral content. Fresh carrot juice stimulates digestion and has a mild diuretic effect. Perhaps it's most important contribution to body health is its tonic and cleansing effect on the liver. Through regular use, carrot juice helps the liver release stale bile and excess fats. When fat levels are reduced, cholesterol levels are reduced.

- There is no such thing as a toxic dose of carrot juice. While it's true that it's possible to "overdose" on vitamin A, it's impossible to overdose on pro-vitamin A - the precursor to vitamin A that is found in abundance in carrot juice. Pro-vitamin A is converted to vitamin A in the body. Drinking more than five glasses of carrot juice per week may cause the skin to yellow slightly; however this is simply a manifestation of the toxins that the liver is excreting. To reduce these effects, simply decrease the dose of carrot juice. Mixed with other juices, especially sprout and green juices, carrot juice acts as a balancing element. It adds a delicious, sweet flavor to juice combinations and increases both their digestibility and nutritional value. As an overall tonic and rejuvenator, carrot juice can't be beat.

- Celery: It has a calming effect on the nervous system. This is probably due to its high concentration of organic alkaline minerals, especially sodium. The minerals contained in celery juice make the body's use of calcium more effective, balancing the blood's pH.

- Organic sodium, which is abundant in celery juice, has received a bad name because of the average American's habitual overuse of inorganic sodium chloride - table salt. Unlike inorganic sodium chloride, organic sodium found in celery juice is naturally blended with many other useful minerals. It is essential to the proper functioning of all major body systems. Organic sodium is the element in the blood that makes it salty. Because of its slightly salty taste, celery juice is an excellent component of any vegetable juice combination. Celery juice is especially effective for nervous conditions because it produces a calming effect. For weight reduction diets it curbs the desire for sweets.

- Comfrey: All parts of this plant can be used - root, leaves and flowers. Comfrey helps eliminate bloody urine. It is high in potassium, vitamin A and calcium. The allantoin in comfrey is the same ingredient that is contained in fractured bones and is often referred to as the "bone-knitter". It is also good in repairing nerve tissue.

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- Dandelion Greens: Pick young tender leaves before the flowers have formed. Rich in vitamins A and C, minerals such as calcium, manganese, chlorine, potassium and iron. Acts as a tonic to the system. It destroys acids in the body. As it contains organic sodium, it is very good for anemia caused by a deficiency of nutritive salts and is recognized as a great blood builder and purifier. It is also effective as a liver cleanser. It is a gentle laxative and can therefore be used in a tea for babies and children.

- Lambsquarter: Pick young tender leaves before the flowers have formed. Very rich in calcium, phosphorus, vitamins A and C and the B vitamins thiamin, riboflavin and niacin. One of the best tasting of the wild edibles and is very common throughout the United States.

- Parsley: Rich in vitamin A, thiamin (B1), niacin (B3), C and the minerals calcium, chlorine, iron, phosphorus, potassium, sodium and sulfur. One of the best diuretics. Strengthens the kidneys, bladder and spleen, lowers blood pressure, cleanses the liver and strengthens the eyes.

- Purslane: Pick succulent leaves and stems from June until frost. Very rich in iron, calcium, vitamin A. This is a very good tasting wild edible green.

- Radish Sprouts: Rich in vitamins A and C and minerals, including trace minerals. This is a hot, spicy sprout and will heat up a cold body. The flavor is strong, so use sparingly. A good blood stimulator and cleanser.Powerful liver and kidney cleanser.

- Red Clover Sprouts: Has many of the properties in the dried adult plant, plus a host of living enzymes. Acts as a blood purifier in the body and helps relieve nervous disorders, skin problems, acne, etc. It is very cleansing to the body.

- Sunflower Greens: Sunflower sprouts do much to relieve malnutrition and to eliminate toxic poisons from the system. This is done mainly by providing the body with the nutrients needed and nature does the restoration work. The many vitamins and minerals in sprouts are at their highest peak of activity while sprouting.

- Other Healthy Edibles: Chicory, Malva, Shepard's Purse, Nasturtium, Mint, Sourgrass, Chickweed, Watercress, Fiddleheads, Rosehips, Plantain.

ADD FILTERED WATER AS DESIRED TO ALL RECIPES IN THIS CHAPTER.

Mild Green Energy Soup (With Fat

1 Cucumber
5 Stalks of Celery
1 Head of Romaine
2 Handfuls of Sunflower Sprouts
2 Handfuls of Buckwheat Sprouts
1 Lemon (peeled)
1 Avocado
1 Cup of Rejuvelac

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Mild Green Energy Soup (Fat Free)

1 Cucumber
5 Stalks of Celery
1 Head of Romaine
2 Handfuls of Sunflower Sprouts
2 Handfuls of Buckwheat Sprouts
2 Large Green Apples (one more apple could be added at Breakfast time)
1 Cup of Rejuvelac

Dr. Ann Wigmore's Favorite Energy Soup Recipe

Blend together until smooth:

2 cups Rejuvelac - to prevent oxidation and provide B complex vitamins
1 tablespoon dulse or other seaweed - for minerals
1½ apples - set aside another ½ apple to grate into soup at the end
½ cup sprouts (lentils and green peas) - for enzymes
2 cups wild edible greens such as lambs quarters and purslane (lambs quarters are a leafygreen, not something from a sheep)
2 handfuls of chlorophyll-rich greens such as celery tops, parsley and beet tops Add an avocado and blend.

Stir in ½ a grated apple, then enjoy

Not So Mild Energy Soup

1 Cucumber
4 Stalks of Celery
5 Romaine lettuce leaves
Handful of sunflower & buckwheat sprouts
5 Kale leaves
A bunch of Parsley
1 Green apple
1 Avocado
½ cup of Dulse
1 cup of Rejuvelac

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Green Goddess Juice

Handful fresh spinach
3 collard leaves
2 stalks celery
½ cucumber (or zucchini)
4-5 carrots, greens removed (I'd use the greens too...just wash thoroughly)
1 apple, seeded

1. Thoroughly wash all ingredients. Skin carrots & cucumber if not organically grown. Cut the ingredients into pieces small enough, if needed, to fit into the juicer.

2. Process the ingredients by bunching up the spinach and collard leaves and pushing them through the juicer with the carrots, celery, cucumber and apple, and drink immediately. - Contributed by Jan Jensen

Energy Soup, Southwest Style

1 cup sunflower sprouts (put in bottom of blender)
Add juice of 1 lemon

Stuff blender with buckwheat and sunflower greens until full
Fill blender ¾ full of filtered or spring water
Add flax sprouts or any other sprout on hand.

Blend until smooth

Add avocado and blend 30 seconds more.
Serve in soup bowls.

Optional condiments:
cayenne pepper, dulse, kelp

Delicious!

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Yum, Yum, Gimme Some

5 Carrots
2 Tomatoes
1 Papaya
1 inch of ginger
¼ cup of Dulse
1 cup of Rejuvelac

Jen Rose's Energy Soup

Fill half a blender with Rejuvelac
Add four handfuls of sprouts: broccoli, sunflower, alfalfa, and buckwheat
½ avocado
1 T of each seaweed: wakame, dulse, hizichi, kelp and spirulina
1 garlic clove
1 apple, cored and diced (with or without skin)
parsley

Stuff the rest of the blender with kale, rainbow chard, spinach, romaine, collards...whatever you got and lots of it!

There's a reason they call it energy soup! Because this soup will give you wings!

Introduction to Green Smoothies

A humorous 2.5 minute video on “How to make a Green Smoothie:”
http://www.youtube.com/watch?v=_36YaRbmOXM

[Note that he chews his smoothie. Always a good idea, because digestion starts in the mouth! – Jim Carey]

Basic Green Smoothie

2 cups spinach
1 third European Cucumber
1 young coconut - meat and water
1 half or more of avocado
Juice of half a lemon
Juice of half a lime
A few stevia leaves
Ice
- Thanks to Jinjee at www.thegardendiet.com.

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Breakfast Smoothie

1. open blender
2. put water in - 1 pint
3. put grapes in - 3-5 small bunches
4. put romaine, leaf lettuce, kale, dandelion, whatever green in
5. put lid on
6. turn on blender
7. blend about 10-15 seconds (or less sometimes)
8. pour into a quart jug
9. rinse blender container
10. enjoy!!

All that takes me less than 5 minutes; blend and enjoy.
– Contributed by Jan Jensen

Morning Blend

1 Cucumber
3 Celery Stalks
1 Apple
½ head of Romaine
½ of a whole lemon
1 jalapeno pepper
1 clove of garlic
1 inch of ginger
½ Avocado
¼ cup of Dulse

Smooth Flax Morning

¼ Cup flax soaked over night
- in 2 cupswater
1 banana
1T. Lecithin granules
½ t. vanilla
1 slice of fresh ginger

Blend all together for a creamy morning meal.

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Spring Green Cooler

4 ripe bananas (start w/2 first)
4 stalks celery
½ C water
3 ice cubes

Blend to taste, adding more bananas if needed.

Then slurp...

Pucker Up Baby

1 Cucumber
4 Stalks of Celery
A bunch of Dandelion greens
a bunch of Kale
Half a Head of Romaine
Handful of sunflower or buckwheat sprouts
Small handful of Parsley
1 Avocado
1 green apple
1 lemon (whole, peel and all). Must be organic!
1 cup of Rejuvelac

Avocado and Red Pepper

2 Avocados
5 Red peppers
½ medium red onion
A bunch of chopped parsley (added after blending)
½ cup of Dulse
1 cup of Rejuvelac

After blending add ¼ cup sesame seeds and chopped parsley.

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Apple Beet Greens

1 Beet
5 Apples
1 Cucumber
3 Stalks of Celery
half a head of Romaine
1 Handful of Buckwheat
1 Handful of Sunflower
1 Cup of Rejuvelac

Apple Beet Greens version 2

3 Green Apples
1 Cucumber
3 Stalks of Celery
half a head of Romaine
One beet, with top if possible

The Boutenko Family's Favorite Green Smoothie

- byVictoria Boutenkoof RawFamily.com

½ pound of fresh Lambsquarters or ½ bunch of fresh dinosaur kale
2 ripe mangoes
2 very ripe bananas
1 quart water

Blend thoroughly in a Vita-Mix blender.
Yields ½ gallon of delicious smoothie.

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Sergei's Party-In-Your-Mouth Green Smoothie

1 small pineapple, peeled, cored, and chopped
1 large mango, peeled, cored, and chopped
½ head romaine lettuce
1 sliver of fresh ginger about the size of half a pinky finger

Blend all ingredients in blender. If your blender is having difficulties blending the ingredients, add some water. Pour into fancy glasses and decorate with mint and thinly sliced orange slices.

Serves 3- 4

-fromRawFamily.com

Igor Boutenko

Igor Boutenko enjoys a green smoothie after a brisk morning swim (yes, that's snow on the ground!).

Photo courtesy of RawFamily.com

Super Mineral Soup (Green Smoothie)

1 Cucumber
4 Stalks of Celery
Handful of Parsley
Bunch of Watercress
Bunch of Arugula
2 Tomatoes
2 Handfuls of Baby salad mix
1 Avocado
½ of a medium red onion
1 clove of garlic
¼ cup of extra virgin olive oil
Juice of one lemon
½ cup of Dulse

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Green Smoothie Tips

- By Victoria Boutenko of RawFamily.com

For the past several months my family has become fond of including aloe vera in our daily green smoothies. The windowsills in our home resemble an aloe farm. Each day we add one or two leaves of aloe into our green smoothies. I simply slice off an aloe leaf, give thanks to the plant for its gift of healing, then drop the leaf into my blender, then add the rest of the ingredients of whatever smoothie I am making.

We have eight big healthy plants in our home, each about one foot tall, and every day we cut leaves off different plants. Since aloe grows very fast, rotating the plants while harvesting allows all plants to re-grow. As a result of continuous harvesting, our aloe plants have mostly young leaves, which taste sweeter than the older ones. I think that if my family had only one aloe plant, four of us would probably consume it in about a month.

Below is a list of the many health benefits of aloe vera, listed on the website of Mike Adams, The Health Ranger (www.newstarget.com/021858.html).

Aloe Vera:

• Halts the growth of cancer tumors.
• Lowers high cholesterol.
• Repairs "sludge blood" and reverses "sticky blood".
• Boosts the oxygenation of your blood.
• Eases inflammation and soothes arthritis pain.
• Protects the body from oxidative stress.
• Prevents kidney stones and protects the body from oxalates in coffee and tea.
• Alkalizes the body, helping to balance overly acidic dietary habits.
• Cures ulcers, IBS, Chron's disease and other digestive disorders.
• Reduces high blood pressure natural, by treating the cause, not just the symptoms.
• Nourishes the body with minerals, vitamins, enzymes and glyconutrients.
• Accelerates healing from physical burns and radiation burns.
• Replaces dozens of first aid products, makes bandages and antibacterial sprays obsolete.
• Halts colon cancer, heals the intestines and lubricates the digestive tract.
• Ends constipation.
• Stabilizes blood sugar and reduces triglycerides in diabetics.
• Prevents and treats Candida infections.
• Protects the kidneys from disease.
• Functions as nature's own "sports drink" for electrolyte balance, making common sports drinks obsolete.
• Boosts cardiovascular performance and physical endurance.
• Speeds recovery from injury or physical exertion.
• Hydrates the skin, accelerates skin repair.

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Fruit Purees

Purees: Any fruit can be blended and eaten. A ripe banana can be added for more sweetness. Apples also give body to purees.

Fruit Smoothiescan include any of these items:

For Body:
- apple and or banana or watermelon

To Add Living Vitamins and Enzymes:
- sprouted grains such as wheat and rye

Liquid:
- pure water or fruit juice
- Rejuvelac (Note: Rejuvelac acts as a preservative and adds more nutrition.)

For Calories and a Smooth Texture:
- Avocado (Always blend as the last item. Do not over-blend.)

To Add Protein, Minerals, or for a Different Texture:
- sunflower seed sprouts (high in complete protein)
- pumpkin seed sprouts (high in zinc)
- soaked almonds (rich in calcium)
- ground hulled white sesame (especially rich in calcium and magnesium)

Seasonings (Note: These are optional and most people should avoid these while detoxifying):
- cinnamon
- cloves
- allspice
- pumpkin spice
- ginger

Note: Purees and Smoothies made with Rejuvelac can be blended in the morning and small amounts eaten throughout the day. This can be a nutritional breakthrough for busy people because they do not have to stop at each "meal" and decide what to eat that is good for them. All they have to do is keep this blended food in the fridge. Leftover smoothies can be dehydrated and made into fruit roll-ups.

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Fruit Smoothies

honeydew/romaine/small amount water
watermelon/romaine/small amount water
blueberry/spinach/banana/small amount water
blueberry/dandelion/small amount water (strong)
blueberry/dandelion/mint/small amount water (OK, but not great)
orange/banana/romaine/small amount water

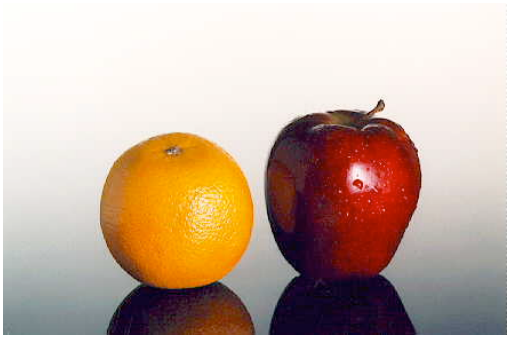
+ ½ head romaine
Add small amount water first, get thickness desired, enjoy.

Banana Orange

4 Bananas
2 Oranges
1 cup of Rejuvelac

Apple Orange Pear

6 Apples
3 Pears
2 Oranges
1 Cup of Rejuvelac



Pearific

4 Pears
2 Handfuls of Buckwheat Greens
1 Cucumber
2 Handfuls of Sunflower Greens
4 Stalks of Celery
1 Cup of Rejuvelac
1 Head of Romaine

Apple Orange Greens

4 Oranges
1 Cup of Rejuvelac
2 Green Apples
2 Cucumbers
3 Stalks of Celery
6 Handfuls of Buckwheat Greens

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SuperShake

2 Bananas
1 pear
1 mango
1 c. berries
1 c. nut kefir
1 Tablespoons super food powder
1 Tablespoons E3 Live
Handful of Goji berries

Chop fruit
Blend all ingredients until smooth
(Serves 2-3)
Enjoy

Melon Deluxe

1 Cantaloupe (everything but the rind)
1 Avocado

Save-a-Smoothie Tip

Smoothie too watery? Add a bit of fresh-ground flax or ground pumpkin seed to thicken it up!

Notes

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Oxidization and Energy Soup

Hello Jim,

If you make the energy soup with one lemon, will that keep it from oxidizing?And for how long?

Thanks, Micheline

Simply put: NO

Interesting to me is that you've hit on the major difference between the teachings of Dr. Edmund Bordeaux Szekely of Rancho La Puerta in Mexico, and Dr. Ann Wigmore of Hippocrates Institute Boston.

Between 1945 and 1985 Drs. Szekely and Wigmore arrived, via totally different paths, at the same lifestyle of Raw Living Foods, including the importance of wheatgrass. The only essential difference between their recipes for life was whether you blend the foods or not.

Szekely argued that blending oxidizes the food, and he's correct.

Wigmore argued that we don't chew our foods enough to get full and proper digestion, and that, too, is correct.

That's why I believe in what Dr. Ann taught when she stated that we need to consume our blended drinks within 20 minutes of preparing them (and chewing them before we swallow). Personally, I consume my energy soups and green smoothies immediately upon turning off the blender. Kitchen cleanup can wait.

If it was possible to delay oxidation with some additive, I'd be preparing energy soup by the gallon and filling up the fridge (it's a bachelor thing).

Thanks for asking,

James Carey

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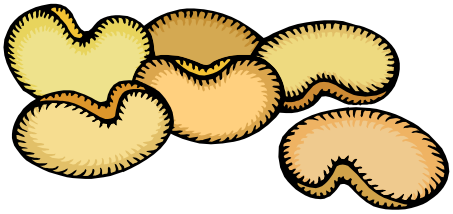
Nut Mylks

Nut Mylk

Makes 6 cups of mylk

2 cups soaked nuts or seeds (almonds, sesame, sunflower, pumpkin, pecan, etc.)
4 cups filtered water or coconut water
5 dates, or 2 tablespoons raw honey, or ½ cup raisins



1. Soak all nuts 10-12 hours and discard soaking water. Seeds can be soaked for only 6 hours.
2. Blend nuts and water in a Vita Mix.
3. Strain through a seed bag.
4. Save the pulp to make seed cheese cake or to use as a base for a salad.
5. Put mylk back into the Vita Mix to blend in anything your heart desires.

Variations:
- Add a small amount of avocado, or 2 bananas, to make the mylk very creamy.
- Add vanilla extract (only glycerin based).
- Add carob powder.
- Add both vanilla extract and carob
- Chai - see recipe in Nut Mylks

Nut Mylk Shake

Blend the following ingredients in a blender until smooth:

3 Cups almond mylk
½ cup fresh or frozen strawberries
1 medium orange (peeled)
1 Fresh or frozen banana
2 tablespoons honey or ¼ cup of pitted dates
¼ teaspoon of sea salt
1 vanilla bean
½ cup of ice (ice is not necessary if you use frozen fruit).

Serves 4-5 people.

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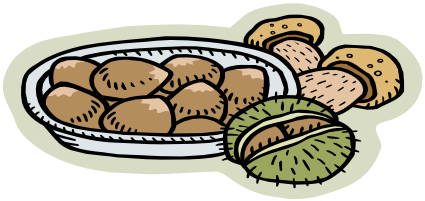
Cashew Mylk



1 cup cashews
4 cups water
Blend and strain.

I'll probably use the pulp in some bread thing or other later. If not, I'll toss it in the compost. I used to do it in my regular blender. These days, I use my immersible stick blender, but same deal. It's quick and easy and yummy.

It also works with any other nut (almonds, hazelnuts, even peanuts).

- Contributed by Serene

Raw Almond Mylk

1 Cup Soaked Raw Almonds
1 Banana
2 Dates (pit removed)
1 Cup Water

Soak ½ Cup Almonds for 12-18 hours in Filtered Water, drain.
Blend with other ingredients and Enjoy!

Healing Almond Mylk

Here's a recipe that is great for calories and protein yet also works well with healing and cleansing diets. All fruits and vegetables have a perfect level of protein. Nuts are also great for building because of the high levels of proteins and fats. But you want to soak the nuts to make them digestible. Almonds are the best.

Soak two cups of almonds in one cup of spring water for four hours.
Then drain the water and put the almonds in a blender.
Add a cup of water.
Blend.
Strain the liquid through cheesecloth to remove the pulp.
Pour the strained liquid back in to the blender.

Add two pitted medjool dates, or a tablespoon of honey, or a tablespoon of Raw Agave (cactus) Nectar (available from Living Tree Community Foods) to sweeten if sweetness is desired.

You can also add a little olive or flax oil and a pinch of salt.

You can also add more flavors with cinnamon, nutmeg, or vanilla bean.

Add four more cups of water.

Blend and enjoy!
Contributed by Jinjee
www.TheGardenDiet.com

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Rice Mylk

Dear Jim,

Middle-aged musings on what the parents used to do. My mother went back to work when I was 11 or so, and Daddy stayed at home, with the company business in the garage apartment and garage next door; he was Mr. Mom to picking me up from school, etc.

They shared cooking duties as I can remember, but this email is to write that Daddy always soaked beans, be it kidney or pinto or navy draining them off before he cooked them (with ham, of course).

He never said why he soaked them. That generation just knew.

Much was lost on my generation in the convenience of foods (first TV dinner: 1954).

Fast forward to now. The soaking method seems to apply to all of the beans and grains, and we now know the science of the WHY, and I soak and drain for about two to three days prior to use of any of them.

With the Vita Mix (or any other blender) I get almond mylk and all the other mylks so simply. Have been making almond mylk for two years now since I took the Vita Mix out of the box - that was the first thing I concocted, but this email is to announce my discovery of the ease in making RICE MYLK.

I know, I know, slow learner, it's in all the books, but this for me is major, and a big part of not eating late at night. The richness of this from the Vita Mix versus the boxed versions (not cheap, either) is flavor-wise beyond any of the commercial versions (ditto on the almond mylk, etc.).

Why rice mylk? Because it is a carbohydrate and energy-giving drink.

So, for the recipe files:

RICE MYLK: THE NOVEL

Unabridged; the MLK Fisherish long version - why not write long when short would do?

Soon to be a major motion picture (well, isn't everything?) Copyright 2007, The Annals of Raw - literally, right this minute.
Acknowledgements (ok, just a Nota Bene): Vita Mix used here to denote Vita Mix or any other blender. I love my Vita Mix, but that's another post...Thanks to Jim Carey and his life-long (since 2001) devotion to helping us recover our health!!!

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Table of Contents

Per serving: half cut brown rice
Filtered water
Vita Mix

Chapter 1:
Soak the rice a day or two or three before actually wanting to drink this and drain off water several hours later (or next morning) each time.
Basically put warm or hot water on the grains in a bowl or jar and let sit (go to work, go to sleep, etc.)

Chapter 2:
Day two or day three: Drain off final soaking water, scoop wet grains into a blender using new filtered water to rinse out the bowl or jar to pick up any remaining grains ('waste not, want not' - ok, bad flashback), add enough water into the Vita Mix to give a visual on how much you want to prepare, then blend. If you monitor the Vita Mix for a few seconds longer than a green smoothie, you can get this drink warm and that's good some days.

Chapter 3:
You do not have to strain this through a nut bag or strainer; the richness of the pulverized grains adds to the flavor, but if you must, no harm done. The remaining pulp could enrich your dog's food if you really don't have a use for this for yourself at the time...

Chapter 4:
Add agave, cinnamon, nutmeg, cloves, pumpkin pie spice (love those flavors year-round) and/or cacao or carob powders; anything you might like to jazz this up, but honestly, with brown rice the flavor is very rich.

Conclusion:
Keep in mind this is a starchy carbohydrate - if you're minding your p's and q's about food combining, don't do any fruit with this...

Keep up the good work, Jim, and continued thanks for all you do!

Helen Terry
Texas

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Chai

After straining seeds to make nut mylk, blend the mylk with the following in a Vita Mix:

½ apple
1 tsp. Ginger juice or ½ tsp dried ginger
1 tsp. vanilla extract
1 tsp. carob
¼ tsp. Cardamom
¼ tsp. Cinnamon
pinch of allspice
pinch of nutmeg

Yogyrt

Leave the nut mylk you made on the counter for at least 10 hours. It will thicken up and ferment just like yogurt from cow's mylk.
You can blend berries or carob into your mylk before you let it sit out if you want a flavored yogyrt.

Notes

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Drinks

Electrolyte Lemonade

2 Lemons
2 Green Apples
1 Cup of Rejuvelac

Green Lemonade

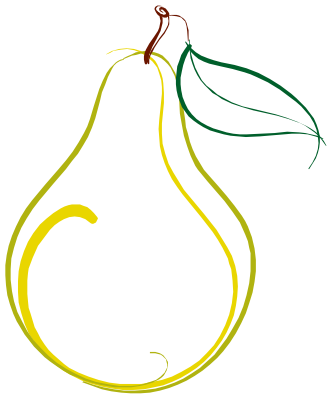
5 big leaves Romaine
3-4 big frilly kale leaves
1 whole lemon
1 piece ginger (1-2 inches)

Blend all ingredients.
Add ice cubes, if desired.

Lemon-Lime Ginger Ale

1 apple, cored/sliced
½ inch fresh ginger, peeled
1 handful seedless grapes
¼ lemon, peeled
½ lime, peeled
1 bottle sparkling mineral water

Blend apple and ginger together, add rest of fruit, blend again.
Pour into large glass; fill with sparkling water and ice.
Serves 1



Banana Blueberry Brew

1 cup water
3 bananas
1 cup frozen blueberries (or fresh in season)
1 handful parsley
2 leaves kale
Blend water with fruits, and add greens progressively until smooth.
Use more or less water as desired.

- by Frederic Patenaude

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Honeydew Lime Cooler

Adapted from *Meals that Heal*, by Lisa Turner

The flavors of sweet honeydew, tart lime, and juicy red grapes combine in this smooth summer drink. A refreshing change of pace from sodas and iced tea. Citrus fruits are rich in vitamin C and other healthful nutrients such as glutathione.
INGREDIENTS
1 small honeydew melon
½ cup seedless red grapes
½ cup freshly squeezed lime juice
1/8 cup honey (or 5 drops Stevia)
2 cups sparkling water
Cut melon in half, scoop out seeds, peel, and cut into 1-inch cubes.
Wash grapes well and remove stems.
Freeze melon and grapes for one hour.
Combine frozen melon and grapes with lime juice and honey in a blender.
Puree until smooth, adding water as needed.
Serve immediately.

Sparkling Watermelon Juice

Ingredients:
8 cups of ripe watermelon chunks
12 ounces sparkling mineral water
Ice cubes
Small handful of mint leaves (optional)

Directions:
Use a strong blender to puree watermelon chunks and mint leaves together.
Add a few splashes of sparkling water to get things going, if necessary.
Combine watermelon puree with sparkling water in a large pitcher.
Chill for one hour before serving over ice cubes in tall glasses.
Enjoy this simple and refreshing recipe for sparkling watermelon juice.
Serves six.

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Post Workout Pick-Me-Up

- by Chet Day

I don't know about you, but after I finish jogging or lifting weights, I can usually go for a refreshing pick-me-up. And of course having a nutrient-rich drink is a smart thing to do since you've just stressed your body and broken down millions of cells. At this point, you need something nutritious to help your ole bod create healthy, new cells.

My favorite post workout cell replacer is as follows:

8-ounce glass of freshly extracted vegetable juice (composed of):
2 oz. ounces of carrot juice
(Combination of 6 oz. of these): celery, kale, Romaine lettuce, tomato, apple, and anything else that looks good in the veggie bin.

Swirling the first mouthful of this concoction through the choppers and up and over the tongue is a taste treat that can't be beat. Adding a little dab of hot sauce or juicing a tiny jalapeno without the other veggies (juice it first so the next user of the juice machine isn't in for a hot surprise) makes a memorable drink that will leave you smacking your lips in happiness.

So sweat up a storm with your daily exercise and then feed the cells with a fresh glass of veggie juice. What a great way to end an afternoon.

- Thanks to chetday.com.

Monkey Madness with Mojo

Ultimate pre- or post-workout drink. A winter and spring recipe.

2 bananas
1 scoop of frozen berries
1 scoop of Maca
1 scoop of hemp seeds or other seeds
1 scoop of spirulina
1 tiny scoop of bee pollen
1 scoop of Super Green Power mix
2 scoops of Red Star Nutritional powder
2 dates with pits removed
4 ice cubes in base of FRESH pure Apple Juice - about 12 oz + 4 oz of pure water.

Blend for 60 seconds.
This power drink will send you through your day with energy and bounty!

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Party Drinks

UN-Margaritas

8 Large limes
1 Large Valencia orange
6 Cups cold sparkling or mineral water
1/8 cup Stevia or Aguave syrup
Fresh mint leaves

Wash limes and orange squeeze into pitcher.
Place lime andorange hulls into pitcher.
Add sweetener.
Crush lime, orange hulls,juice and sugar with wooden spoon.(This releases the citrus oil).
Addwater to mixture.
Stir well.
Sweeten to your own taste.

In a blender, add 1 cup of ice to every 1/2 cup of lime/orange mixture.
Blend well until smooth.
Pour into chilled margarita glasses. Garnish with a lime and mint leaves.

Mango UN-Margaritas

Makes 6 eight-ounce servings

3 mangoes, peeled, seeded and cubed
2 cups ice
Juice of two limes
1/2 cup orange juice
1 tablespoon honey

Combine all ingredients into a blender and puree until smooth.
Serve andenjoy!

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Mild-Eyed UN-Margaritas

2 cups lemon or lime soda
1 tsp Stevia or 1 T aguave syrup
Juice of 1/2 lime
Salt
Crushed ice

Pour soda into ice cube tray or shallow pan, freeze.
Place frozen soda inblender, add lime juice and sweetener.
Blend until well-mixed.

Rub lime aroundrim of glass and then dip glass into salt.

Pour mixture over crushed ice and then into salted rim glasses.
Garnish withlime slice.

Almond Nog

1 cup soaked almonds
3 cups water
2 bananas
2 Tablespoons agave nectar
1 tsp. alcohol free vanilla
1 tsp. nutmeg

Blend soaked almonds and water until pureed.
Strain almond mylk to remove pulp, use either a strainer or a nut bag.
Pour mylk back into blender; add bananas, agave, vanilla, and nutmeg.
Blend completely.
Serve with a sprinkle of nutmeg on top.
Makes two glasses.

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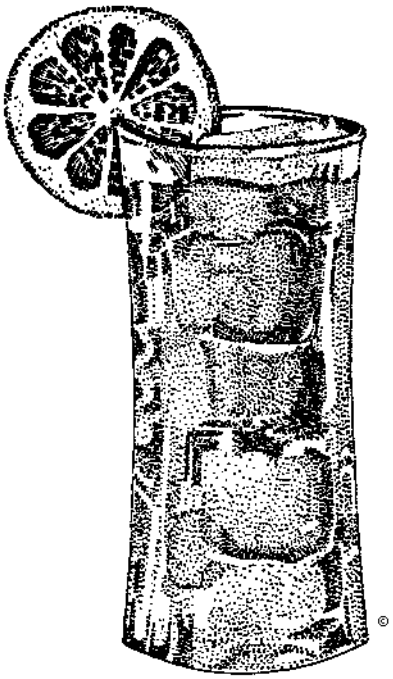
N'egg Nog

Serves 8

2 C. Almonds soaked and drained
4 C. Filtered Water
1 C. Macadamia Nuts soaked for 8 hours and drained
½ C. Raw Honey
1 Tbsp. Cinnamon
1 tsp. Nutmeg
¼ tsp. Turmeric
1 Vanilla Bean
1 Banana



Place Almonds and water into blender and blend well.

Strain Almond Mylk
- the remainder of the strained Almonds may be discarded or used in another recipe.
Blend the Macadamia into the Almond Mylk.
Strain this mixture.

Add Honey, Cinnamon, and Vanilla – blending well.
Blend in the Banana and refrigerate.

Valya's Eggless Nog

1 young (Thai) coconut, meat and water
2 ripe bananas
¼ tsp ground nutmeg

Blend the ingredients and enjoy 4 cups of this yummy dessert

- Thanks to Valya of RawFamily.com

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Lightly Fermented Foods

Rejuvelac

From Dr. Ann Wigmore and the Creative Health Institute Kitchen

2 cups soft wheat berries

1. Soak in purified water 8 hrs or overnight.
2. Drain, rinse, then allow to sprout for 2 days, without rinsing.
3. When white sprout tails begin to show, add 6 cups purified water, cover jar with cheesecloth, put in a warm place where it can be exposed to at least 70 degree temp for 2 days.
4. THEN pour off, drink or refrigerate, or use Rejuvelac in a recipe.
5. The leftover seeds can be used one more time, with 4c. purified water, will culture in 1 day. Then seeds can be composted, or thrown to birds.

Caveats - Do not drink soak water. Seeds must sprout.

Creative Health Institute's Rejuvelac Instructions

This method is good if there are temperature fluctuations. It makes a tarter, more flavorful Rejuvelac than the whole berry method. Also, because more of the seed is exposed to water, fermentation is more complete. This results in a Rejuvelac that is nutritionally superior to other methods.

1. Soak wheat seeds for 10-12 hours (soft variety preferable).
2. Drain. Let sprout for at least one full day (until you see a tail). Rinse twice a day.
3. Grind sprouted seeds in a blender.
4. Put one cup ground seed sprouts into a gallon jar and fill with water.
5. Let stand at room temperature (68-72 degrees), stirring twice daily for 2 to 4 days. If the temperature of the room is higher, fermentation occurs more quickly. Rejuvelac may be ready in as little as 1 day.

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How to Make "Pink Champagne" from Rejuvelac

1. Put some uncooked honey in a bowl (about 1/8 cup per quart of Rejuvelac).
2. Pour some Rejuvelac onto the honey and mix thoroughly to dissolve the honey.
3. Pour the mixture into the jar of Rejuvelac and let stand at room temperature for 12 to 24 hours.
4. Add a small amount of beet juice to give it a pink color

Whole Berry Method of Making Rejuvelac

1. Soak wheat seeds for 10-12 hours (soft variety preferable) in a gallon jar.
2. Drain. Let sprout for at least one full day (until you see a tail). Rinse twice a day.
3. Pour water over the sprouted wheat seeds in the jar. Use approximately 3 times the amount of water as there are wheat seeds.
4. Cover the jar with wire mesh or cheese cloth. Keep at room temperature for 48 hours.
5. You now have your first batch of Rejuvelac. Pour the liquid into another jar for drinking. Ideally drinks should be at room temperature, so have some Rejuvelac at room temperature in a pitcher or decanter and refrigerate the amount not needed. Rejuvelac will keep for several days if refrigerated. Use Rejuvelac whenever blending because its vitamin E content acts as an antioxidant.
6. Use the leftover wheat seeds to make 2 more batches of Rejuvelac. Start at step 3 again, but soak for 24 hours each time instead of for 48 hours, then discard the wheat seeds.

Notes

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Veggie Kraut

Makes 1 gallon

2 large heads of cabbage, red, white or mixed
1 beet (optional)
3 - 4 ground juniper berries (optional)
2 - 3 ounces dulse, arame, or seaweed, soaked and cut up (optional)
1 tsp. kelp (optional)
1 tsp. caraway seed, ground

1. Grate cabbage and beet in a standard sized grater or food processor. Save 2 or 3 outer cabbage leaves to cover veggie kraut.
2. Place grated cabbage and beet in a sturdy bowl or pail. Don't fill for easier pounding.
3. With heavy object, baseball bat, 2x4, masher, etc., pound cabbage so the fibers break down and some juice flows out…enzymes are thus set free. Pound 10 to 15 minutes so that each shred is translucent. This can be accomplished faster by using a Champion juicer to grind the cabbage. The more you pound, the more of a smooth velvety taste the veggie kraut will acquire.
4. Mix in rest of ingredients.
5. Place in a gallon sized crock, then cover completely with outer cabbage leaves. Put a plate on top of the leaves and a weight, such as a brick, on top of the plate. Cover the crock with a towel and set it in an evenly heated (55 – 75 degrees), dark, quiet corner for 6 or 7 days.

   If no crock is available substitute a wide-mouth, preferably dark, glass jar. Tamp cabbage down and place the outer leaves on top. Place a weight on top and cover the jar with a plastic bag. Put a paper bag on top of that (veggie kraut ferments better in the dark).

6. After a week has passed, open the crock or jar. Discard the outer leaves and skim the residue from the top. Refrigerated, it will keep about a month.
   Add veggie kraut to any salad preparation. It combines well with all vegetables and will help your body digest the meal. Blend or add into sauces and soups for texture and taste. Juiced, it is an unsurpassed enzyme builder.

   The variations in making veggie kraut are endless. Experiment with your taste buds. Use different combinations of vegetables alone, carrots, beets, celery, turnips and artichokes. Try different spices, thyme, dill or basil. Additions for flavor could be onions, garlic or green peppers.

   Remember when making veggie kraut, do not use salt. Table salt is inorganic and often remains in the system. A better source of minerals may be found from sea vegetables, such as wakame, dulse, kelp and hijiki. Unlike table salt which is 75% sodium chloride, sea vegetables are about 18 - 20% sodium chloride.

   Veggie kraut is a *predigested food*. Starches have been broken down into simple sugars and proteins into amino acids. It is a blood cleanser and helps with regular bowel movements. It contains a lot of vitamin C and aids longevity through improving digestion.

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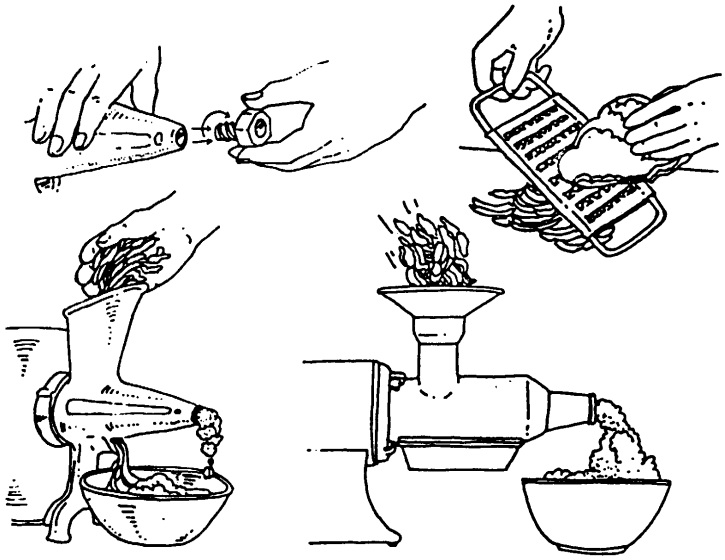
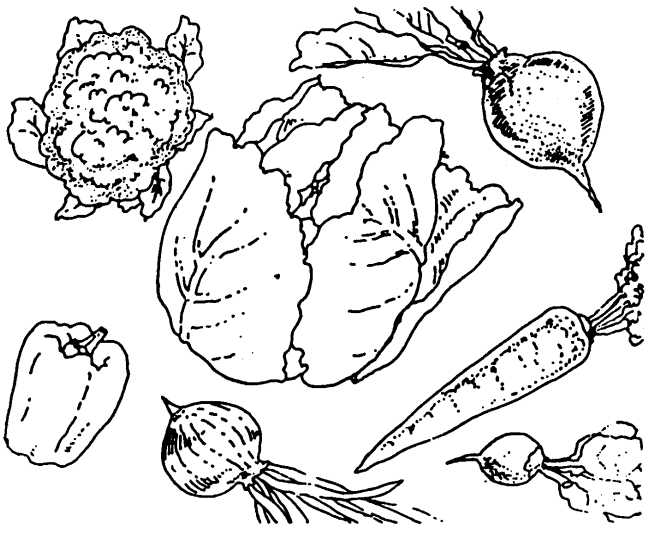
Making Veggie Kraut

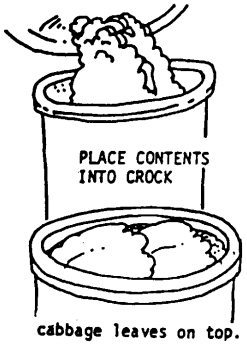
What You Will Need

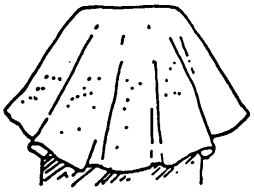
CROCK POT & PLATE, or something flat to fit inside crock pot.
CABBAGE - 2 heads, or amount needed, red or green.
OTHER VEGETABLES as desired for flavor and color: cauliflower, carrots, beets, dulse, kelp, etc.
Manual GRATER, SHREDDER or KNIFE.



VEGETABLES







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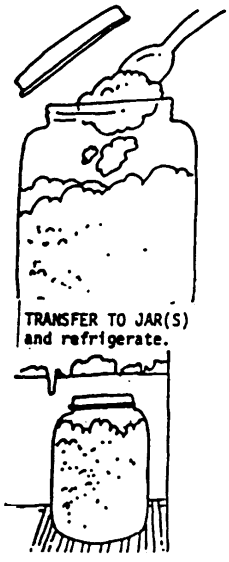

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Transitional Veggie Kraut

1 cabbage (red or green)
½ - 1 tsp. Himalayan Crystal Salt: this is optional & transitional
½ cup lemon juice (transitional)
4 Tablespoons dried dill or ½ cup fresh dill, chopped
2 Tablespoons caraway seeds

1. Slice cabbage using 1mm setting on mandolin or processor, or slice thin knife. Discard outer leaves.
2. Mix all ingredients together and knead with hands.
Continue working cabbage until liquid starts releasing.
Let hands rest, let cabbage sit, come back every ½ hour until you can press cabbage and liquid rises to top.
3. Place kraut in 1 quart jar. Press cabbage until liquid rises above it 1/8 inch. Juice may sink down a little, that's okay.
4. Place lid on jar, let sit, 1-4 days, depending how sour you like your kraut.
5. Once veggie kraut is ready, add dill, place in refrigerator.

Veggie kraut will keep about 1 month in refrigerator.

Notes

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Snacks

Transition Snacks are not all raw living foods, but are compromise recipes for when you're tempted to eat outside of the Raw and Living Foods Lifestyle.

Banana and Raw Nut Butter- Grab a banana, a jar of your favorite nut butter, a spoon, and spread. Devine!

Ambrosia - Almond mylk, chopped avocado, berries, chopped apple, chopped orange, pumpkin seeds, raw honey, and shredded coconut. Mix in a bowl and enjoy.

Avocado and Honey - Cut an avocado in half, skin it, and pour honey over it. Yum, yum, yum…

Thick Shake - Cup of Almond mylk, half of an avocado, and banana. Wow!

Figs and Olives - 5 dried figs, and small bowl of Greek olives. Molto bene!

Chocolate Pudding - 1 Avocado, 2 Tablespoons raw carob powder, and a big scoop of raw honey. Whip it up and enjoy each creamy mouth full!

Ahhhhh-Almond - Jar of raw almond butter and a spoon. It's that simple.

Cherimoya Blues - If you're feeling down, eat one of these. If you don't know what a cherimoya is, find out. Also try it whipped in a blender with an avocado.

Date Crunch - Pitted Dates and Almonds. Stuff the date with the almonds and munchedy, crunch, crunch.

Banana Crème - Mash a banana and avocado together, or put it in a blender.

Melon Deluxe - ½ of a cantaloupe, one avocado. Blend!!!

Just Eat An Apple - When all else fails one of the best things one can do is eat an apple.

Ice Cream - One avocado, two frozen bananas, and a blender. Cut the bananas into small pieces before placing them in the blender

Creamy Crunch- Two stalks of celery and your favorite raw nut butter. Spread it in the valley

Fudge - 1 avocado, 2 Tablespoons of coconut butter, 1 cup of blueberries, 1 Tablespoons of raw honey, and 3 Tablespoons of Carob powder. Blend! Refrigerate for 3 hours for hard fudge.

Three-Minute Burrito - One avocado, Romaine lettuce leaves, chopped tomato, juice of one lemon, chopped onion, chopped garlic, dash of cumin, dash chili powder, and pinch of cayenne and salt. Mash avocado in a bowl and mix in lemon juice, garlic, cumin, chili powder, cayenne, and salt. Wrap avocado mixture with tomatoes and onions in the romaine lettuce leaves.

Two-Minute Guacamole - One avocado, one clove of garlic chopped, half a red onion chopped, the juice of one lemon, one tsp cumin, one tsp coriander, pinch of cayenne, and salt. Mash in a bowl with a fork. - Use the Two minute guacamole to stuff tomatoes, peppers, portabella mushrooms, add it to salads, or just use it as a dip.

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Banana Avocado Crème Bars

Cream:
2 avocados
4 very ripe bananas
2 tsp. vanilla extract

Crust:
2 cups soaked almonds
8 dates
1 tsp. vanilla extract
2 tsp. cinnamon
1 tsp. nutmeg
Pinch of salt

Topping:
Shredded coconut

1. In food processor or Champion juicer homogenize all of the ingredients for the crust.
2. Press into a 9 x 6 Pyrex deep dish.
3. In a food processor blend avocados, bananas, and vanilla until a smooth cream is reached.
4. Spread cream over crust.
5. Top with a generous amount of shredded coconut.
6. Allow to chill for one hour.
7. Enjoy!

Raw Chocolate Pops

½ cup raw cocoa butter
2 Tablespoons cocoa powder
1 cup cashew mylk or almonds
3 Tablespoons agave nectar or honey

Melt cocoa powder by placing the bowl of cocoa butter in warm dehydrator or place the bowl in warm water.
Add the cocoa powder to blender, add other ingredients.
Blend everything till smooth.
Transfer the mixture to popsicle molds, freeze for four hours.
Enjoy.

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Raw Brownies

- from Hallelujah Kids

2 cups cashews,
soaked 30 minutes and drained
2 T cocoa powder or carob powder
½ cup almonds
½ cup honey or agave nectar
4 T chopped hazelnuts
Water to blend

Blend all ingredients; the consistency will be thick.

Spread mixture onto teflex dehydrator sheets.

Dry, turning after 12 hours (peel off teflex sheet), until chewy brownie consistency, about 24 hours total.

Fudge

Blend ½ cup of raw Tahini
Half an avocado
3 Tablespoons coconut butter
½ cup raw honey
5 Tablespoons carob powder
½ cup of apple cider

Use as a syrup on your ice crème, or put in the refrigerator to harden.

Vanilla Delight

This is something a bit heavier to keep from being hungry for several hours. You can also add green powder or other supplements to this drink.

Blend in several handfuls of sprouts or even some kale to increase your consumption of greens and also to lighten the sweetness. A great way to get greens into kids!

1 cup water
2 tablespoons raw Tahini or more depending on how many calories you want
1-2 frozen bananas.
Dash of vanilla (optional)
Optional sweetener if desired: a date or two

Blend until thick and smooth.
Serve immediately.
Serves 1

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Rose's Banana Lemon Squares

4 cups walnuts or pecans (not soaked)
2 cups raisins (not soaked)
3 bananas
Juice and rind of 1 large lemon

Process walnuts in food processor.

Sprinkle ¼ cup of the ground walnuts in a 8" x 8" pan so that the crust doesn't stick.
Add raisins to the walnuts in the food processor and process them.
Press the walnut/raisin mix into the pan.
Juice the lemon into a bowl.
Slice the bananas into the lemon juice.
Put these banana slices on the cake and pour the lemon juice on top.
Grate the lemon peel on top.

Fruit or flowers may be added for color.
Enjoy!

Igor's Lentil Spread

This is a perfect recipe for the cold season when we crave heavier foods.

½ cup sprouted lentils
½ cup sprouted garbanzo beans
1 medium avocado
3 green onions
1 Tablespoon Nama Shoyu (raw soy sauce)
1 Tablespoon olive oil

Blend all ingredients in food processor for one minute or until smooth. Spread over your favorite cracker, raw bread, or lettuce leaf.

- Thanks to www.RawFamily.com.

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Zucchini

- By Phyllis Ryan

For **sweet** ones (sm. round bowl)
Zucchini sliced very thin coated with Agave Nectar

Dehydrated overnight 105 degrees

For **salty** ones (rectangular bowl)
Zucchini sliced very thin coated with Italian dressing

Dehydrated all day 105 degrees

Zucchini, a member of the squash family, is a bland vegetable, especially rich in sodium. And since sodium, of all the alkaline elements of the body, is the most important, it follows that zucchini is a most healthful vegetable.

The liver is the storehouse of sodium, an element necessary to maintain the acid-base equilibrium of the body. Without this acid base balance, good health is impossible to maintain.

The simple, bland zucchini, used as both food and medicine, is an ideal way to restore a sodium-exhausted liver.

Henry Bieler, MD - *Food is Your Best Medicine*

Zucchini Pesto

1 medium-large zucchini,
diced very fine
1 clove garlic
¼ cup coarsely torn
or chopped fresh basil
3 Tablespoons pine nuts
3 to 4 Tablespoons extra-virgin olive oil

In mortar mash garlic with pinch of salt, if desired.
Work in basil and pine nuts until smooth.
Work in olive oil, and then finely chopped zucchini.

Serve as relish or dip.

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Apple Nut Horseradish Dip

- By Pat Benfield
ofPamperedpallet.com

2 apples, peeled, cored
1 T lemon juice
¼ C yogurt
1 T prepared horseradish
2 T minced or ground walnuts

Grate apples, immediately combine with lemon juice to prevent discoloration.
Blend in remaining ingredients.
Serve dip with chips, crackers, or vegetable dippers.

Dried Fruit Candy, by Dr. Ann Wigmore

6 medium pitted dates
½ cup raisins
6 medium dried figs
4 T. spring or filtered water
2 T. maple syrup
1 cup coarsely ground sunflower sprouts (meal)

Grind dried fruits together in slow turning juicer, nut mill or good processor.
Roll fruit mixture into 1 inch balls and set.
Mix water and maple syrup in a shallow bowl.
Dip dried fruit balls in liquid and roll in sprouted sunflower meal to coat.

Candied Nuts

Soak 3 cups of nuts and or seeds for the required time:
6 to 12 hours for almonds, walnuts, or pecans.
4 to 6 hours for most seeds.

Put the nuts into the following mixture:
2 Tablespoons of oil (olive, hemp, or sesame)
One half cup agave nectar
2 teaspoons of cinnamon
1 teaspoon sea salt
1 teaspoon vanilla

In a large mixing bowl, mix all ingredients together. Place on a dehydrator tray and dehydrate for 12 hours or until crunchy.

- From Mike Snyder, TheRawDiet.com

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Crunchy Rosemary Almonds

1 lb almonds - blanched
1 t. or T. Sea salt (transitional)
1-2 teaspoons powdered rosemary,
2T or more of dried rosemary sprigs
Olive oil (transitional)

In refrigerator, soak almonds over night (longer is OK) in water mixed with the sea salt and powdered rosemary.
Drain almonds, dehydrate slowly until crunchy.
Stir almonds occasionally, taste-test until they are desired crispness.
Dehydrate 4-6 hours or overnight, depending upon humidity, etc.
Pour almonds into bowl drizzle olive oil over them to lightly coat.
Stir dried rosemary sprigs
Sprinkle a little extra sea salt, if needed.

Store in refrigerator, they keep indefinitely.

Post Play Paradise

- By Prof. Rozalind Graham

Remove pits from medjool dates, halve them and press them in to a shallow pie dish to form a base.
Fill the dish with mashed banana then press in to the bananas finely diced celery.

Blend a mango and pour it over the top.
Lip smacking good!

Whipped Crème

Blend the meat of 5 young coconuts in the Vita Mix until it becomes frothy.
Spoon it on.

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Halvah

Halvah is a candy popular in the Middle East, where it is made from ground sesame seeds. This is far superior to the store bought variety. For a lighter version, make this recipe with the almond pulp leftover from making almond mylk. (Use the almond pulp the day you make it.)

1½ cup raw almonds
½ cup raw Tahini
3 tablespoons honey (or 3-4 soaked dates)
1 teaspoon vanilla

In a food processor, place almonds and process until finely ground.
Add the Tahini, honey and vanilla, and process thoroughly.
Press the mixture onto a plate or pan until it is ½" (1 cm) thick (don't worry about filling the pan, just press the mixture to the correct thickness).
Chill the halvah in the refrigerator for 1 hour or more, then cut it into bite-sized pieces and roll into little balls.
Yields 20-24 pieces.

Variation: Add 3 tablespoons carob to mixture.

Printed with permission of the author, Nomi Shannon. Nomi lives and works in Sedona, Arizona. She is hard at work on her second raw food recipe and resource book: Simply Raw. Occasionally Nomi holds raw food intensive workshops in her home; contact her for more information.

Adapted from the book, The Raw Gourmet, Simple Recipes for Living Well, (Alive Books, 1999) by Nomi Shannon. A full-color comprehensive recipe and resource book, The Raw Gourmet contains recipes that bring us the tastes we crave and the live enzymes we need to survive on this planet in this millennium.

To order call: 888-316-4611, or email rawgourmet@aol.com. Visit the Raw Gourmet website at: RawGourmet.com.

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Pat's Tahini / Pumpkin Butter

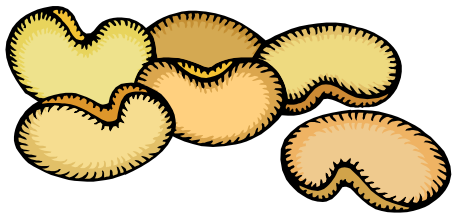
Combine:
1 Pint raw Tahini
1 pint pumpkin seeds (not soaked), ground in coffee grinder
1 teaspoon black strap molasses (Crude black strap molasses is best)
Optional: Add unsweetened coconut to taste

Coconut Honey Butter

½ cup Pure Joy Coconut Oil (butter)
2 Tablespoons honey
1/8 tsp. Celtic salt
A very small dash of turmeric for color

Mix by hand in a small bowl with a firm spatula or fork.
Store at room temp in a glass jar.

Cashew & Almond Nut Butter



"Suzanne" suziesgoats@yahoo.com

Ingredients:
1 cup of raw cashews
½ cup of raw almonds

Directions:
* Use a strong blender or food processor to process nuts until they form a thick, spreadable paste.
* This cashew and almond nut butter will stay fresh for up to one week in an airtight jar in the refrigerator.
* Try this delicious cashew and almond nut butter with fresh celery sticks, fresh fruit, or a green vegetable salad.

Note: you can substitute the almonds in this recipe with pecans or walnuts. Pecans and walnuts have a higher healthy fat content than almonds, making for more of a light and buttery texture. Pecans will impart more sweetness to this nut butter than walnuts will.

- When you soak nuts before eating them, just be sure that they are completely dry before you blend or process them.

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Notes & New Recipes

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Crackers

Flax Rye Crackers

2 cups ground flax
2 ½ cups sprouted rye (from 1 cup unsprouted rye)
½ cup raisins
1 cup water
1 medium onion
3 stalks celery
3 cloves garlic
1 teaspoon caraway seed
1 teaspoon coriander seed
1 teaspoon salt

Soak rye overnight, and then allow sprouting for 2 days.

Grind flax and pour in a bowl.
In a food processor, grind sprouted rye and raisins well, and then pour over the flax.

In a Vita Mix, blend the remaining ingredients, and then pour over the flax.

Combine well and cover the bowl with a tea towel. Leave the bowl out for approximately 24 hours to ferment.

Spread dough on dehydrator sheets, and then dehydrate.

George's Crackers – Papadam Style

2 Cups Flax Seeds (soaked)
2 Cups Almonds (soaked)
2 Cups Sunflower seeds (soaked)
4 Tablespoons Bragg's
1 Onion
Cayenne Pepper
Caraway seeds
Parsley
Dill Weed
Garlic
Or anything your heart desires

Blend
Dehydrate very thin

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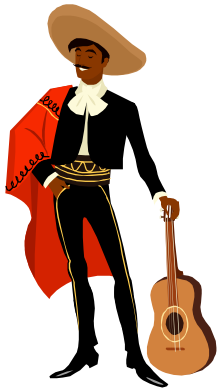
Spicy Mexican Flax Crackers

- By John McDonald



4 cups flax seeds
1/3 cup of Braggs
5 cups of water
Soak for 6 hrs

1 red or orange bell pepper
1 jalapeno pepper
6 medium tomatoes
4 cloves of garlic
½ tsp of cayenne pepper powder
1½ tsp of cumin powder
3 tbs of pizza seasoning or Italian seasoning
Juice of 1 lemon
Optional 2 tsp chili powder

Using food processor blend peppers tomatoes with S blade;
mix all ingredients in bowl and sir very well
Dehydrate overnight flip crackers the next morning,
dehydrate another 2 to 4 hrs or until crispy.

Carob Icing and Graham Crackers

- From Healthy 4 Him, Recipes for Healthy Living

2 cups cashews, soaked in water for 2 hours and drained
½ cup carob powder
½ cup maple syrup

Blend all in the food processor and spread onto whole wheat organic graham crackers. If too thin add more cashews; if too thick, add more syrup.

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Corn Chips

6 ears corn, removed from cob
½ yellow onion
2 cups sunflower seeds, soaked 6 hours and rinsed
¼ cup water
1½ T Braggs liquid amigos
1 t kelp powder

Process corn and onion in a food processor, using the "S" blade.
Stop and scrape the sides; blend until smooth.
Add sunflower seeds and process until the mixture is well blended and the consistency of a batter.
Add some water if the batter is too thick.
Add Braggs and kelp; mix well.

Using a teaspoon, scoop batter onto the teflex sheet of a dehydrator tray.
Flatten with a knife into a flat round surface about 1/8" thick and 1½" wide.
Dehydrate at 105 for 12 hours, then remove teflex sheet and turn chips over.
Continue dehydrating for 10 - 12 hours or until desired crispness is obtained.

Notes

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Notes & New Recipes

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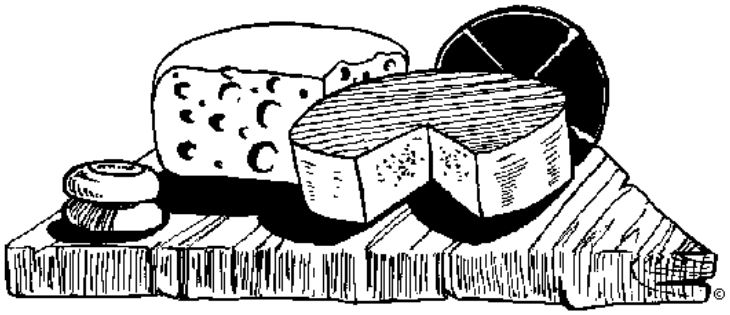
Seed and Nut Cheeses

Quick and Easy Nut Cheese



½ cup Brazil nuts,
½ cup raw almonds,
¼ red pepper,
1 clove garlic,
¼ red onion,
1 lemon, juice only
1 T. miso paste,
¼ cup fresh basil,
1 stem Swiss chard,
¼ t. cayenne

Blend or process all ingredients until smooth, add a little water to help blend.
Cheese has texture of ricotta.

An easy lunch idea, place:
2 T. or more nut cheese on sheet of nori,
chop some scallion, cucumber and tomato,
roll it up,
then cut into rolls.

- Contributed by Jan Jensen

Valya's Spicy Almond Cheese

Mix in bowl:
2 cups pulp from almond mylk
(unsweetened pulp)
¼ cup olive oil
½ cup lemon juice
½ teaspoon of Celtic Sea Salt
¼ cup fresh or dried dill weed
½ cup diced onions
½ cup diced red bell pepper

Decorate with cherry tomatoes.
Serves 4.

- From *12 Steps to Raw Foods*, by Victoria Boutenko

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Seed / Nut Cheese

1 cup of pulp from making mylk
1 stalk of celery
½ of a red or yellow bell pepper
½ of a medium tomato
¼ cup chopped parsley
½ of a medium red onion
juice of ½ a lemon
pinch of cayenne pepper
2 pinches of salt
1 date, or drop of honey, or a teaspoon of raisins

Blend all ingredients in a Vita Mixer until smooth.
You may need to add a little Rejuvelac or water.
Pour into a seed bag and let it hang over a bowl for 8-12 hours.
The longer you leave it out, the stronger the cheese will be.

Alternative 1 (for a chunky cheese):
Chop the veggies in a food processor, then mix them into the pulp by hand.

Alternative 2 (instead of using pulp from making mylk):
Blend 2 cups of a seed or nut with 2 cups of Rejuvelac, or filtered water.
Add the rest of the ingredients.
Blend and follow the procedures above.

Notes

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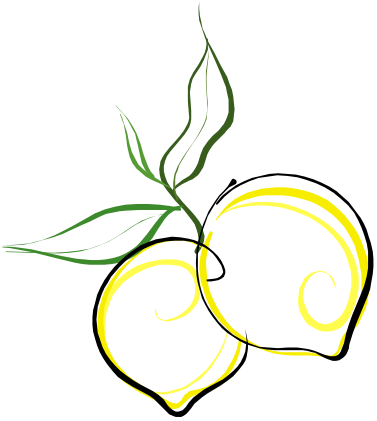
Hummus

Hummus

2 - 14 oz cans Garbanzos (Chickpeas), or equivalent made fresh (much better!)
¼ C Water (use water from Garbanzos, or soaked Garbanzos)
1 Clove Garlic
2 T Tahini (Sesame)
2 Lemons (Juiced)
1 t Sea Salt
½ t Cumin (ground fine)
½ t Dried Red Pepper (ground fine)

Mix all ingredients in a food processor and puree.



Notes:
Can be served warm or cool.
Add one or more of your own spices, like cayenne, to make it more interesting.

Yummy Hummus

Ingredients:
Sprouted chick peas (soak in water, drain, grown to a little sprout, don't leave too long or will be bitter).
Garlic (if garlic upsets digestive system, cut in half, take out stalk).
Cider vinegar.
Tahini.
Add sun dried tomatoes, olives, or artichokes if desired.

Directions:
Put in blender, blitz until you get nice creamy consistency to your taste.

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Special Hummus

- byJan Jensen

2 cups peeled Zucchini, chopped
4 Tablespoons Olive Oil
1 and ½ lemon, juice of
¾ cup sesame seed hulled (or sunflower seeds)
¾ tsp sea salt
2 garlic cloves
1 tsp paprika (curry would be good too)

Blend all of the ingredients in your Vita Mix or food processor.

Use hulled sesame seeds (white).
Grind the seeds in a coffee grinder.

Serve with vegetables.

If you are having thyroid problems, check the amount of soy in your diet; or if you eat a lot of soy foods, watch your thyroid function...

This is the third strike against soy as the "health food" it has become, thanks to incessant propaganda by the huge agribusiness giants behind the world's biggest money crop.

Tom Valentine - *True Health*

Zucchini Hummus

- By Jan Jensen

In a food processor, put:
2 cloves garlic
1 zucchini, peeled
2 c. sunflower seeds
½ c. raw Tahini, or ½ cup raw sesame seeds
¼ c. fresh lemon juice
1/3 c. water
1/3 c. extra virgin cold pressed olive oil
2 teaspoons sea salt

Mix till creamy. Eat and it is very good.

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Jade's Fabulous Hummus

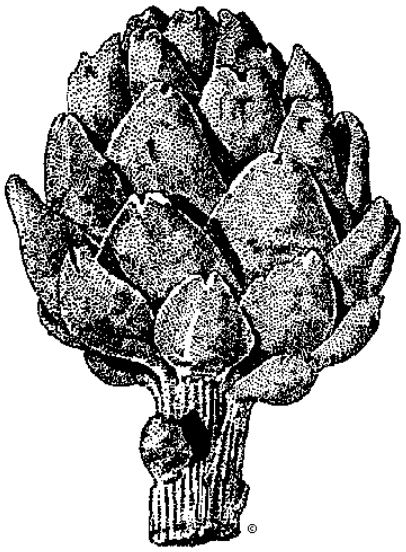
4 Cups sprouted chickpeas/garbanzo beans
5 Cloves of garlic
2 Avocados
2-3 Juiced lemons

Blend above with water in Vita Mix or a heavy duty blender, one that crushes ice should be okay.

Dice and add the following:
1 Bunch of broccoli
1-2 Red onion or, to taste
2-3 Red bell peppers
1 Package celery
2 Yellow bell peppers

Optional: you may add any pretty veggie

Season with the following to taste:
Italian seasoning from Frontier
Cayenne
Celery leaf from Frontier Oregano
Veggie broth from Frontier Basil
Braggs
Splash of Apple Cider Vinegar
and olive oil
Parsley
Dill



Quick and Yummy Hummus

Basic ingredients:
Sprouted chick peas
(soak in water drain until sprouted)
Garlic
Cider vinegar
Tahini
Sun dried tomatoes (optional)
Olives (optional)
Artichokes (optional)

Method:
Put all ingredients in blender,
Blitz until nice creamy consistency.

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Are there problems with eating Hummus?

I get your weekly email. Thanks. I feel so alone. Yet I live in Santa Cruz County CA., an easy place to get organic vegetables and spouts.

I swear sprouts give me a high.

I am a graduate of Optimum Health Institute.

I eat organic salads made with sprouts and some fruit, hummus and some crackers, some nuts.

Someday soon I may get into wheat grass.

I eat hummus from the health food store. Do you know of any problems with eating hummus?

I can get into trouble not drinking enough water.

Thanks for your email.

Tessie K.

Agreed on all points. I love hummus (organic); it's one of my comfort foods.

But lately, as I've been raw for some time now, I find it quite rich and can only eat a small amount at a time.

Jim Carey

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Fruit Salad

Peach Fruit Salad

- by Nancy Reed.

1 peach, peeled and diced
1 nectarine, diced
1 cup of red grapes
1 cup of green grapes
1 cup blueberries
6-10 strawberries, sliced

Place fruit in large bowl.
Toss gently with dressing.

Dressing:
2 limes, juiced
Equal amount of agave nectar

Stir until combined.
Serves 1-2 people

Fruit Salad

Apples
Cherries
Bananas
Raisins
Marinade
(Agave Nectar and Orange juice)

Fruit Salad Too

Bananas
Apples
Oranges
Tangerines
Grapes/Raisins
Orange juice
Mayo or Vegenaise
Walnuts
(Mayo recipe is in the Condiments chapter)

Tropical Fruit Salad

- By Kay Shoufetz

Pineapple
Mango
Kiwi
Banana

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Green Fruit Salad

- Contributed by Kathy Boliek

1 bag Baby Spinach or Romaine Lettuce tossed in Balsamic Vinegar
and Olive Oil
¾ C Cashews
1/3 C cranberries
1 apple
1 pear, cubed
Lemon juice
1/3 cup agave nectar

Mix together

Peach Fruit Salad

- By Nancy Reed.

1 peach, peeled and diced
1 nectarine, diced
1 cup of red grapes
1 cup of green grapes
1 cup blueberries
6-10 strawberries, sliced

Place fruit in large bowl.
Toss gently with dressing.

Dressing:
2 limes, juiced
Equal amount of agave nectar

Stir until combined.
Serves 1-2 people

Vegetarians have long championed soy foods as the "ideal" source of protein despite the scientific facts that disprove the notion.

Textured soy protein, which is more widely used in packaged and refined foods and meat products (hamburger extender) than most of us ever imagined, now has three anti-nutrients that should make anyone think twice before making it a major part of the diet.

The three anti-nutrients are:

(1) a large amount of phytic acid, which binds up and prevents absorption, of minerals, especially zinc, calcium and magnesium needed by the body;

(2) trypsin inhibitors, which cannot be refined out of the soy mash
(trypsin is an important enzyme in digestion);

(3) isoflavones, genistein and daidzein three phytochemicals that have now been shown to have anti-thyroid activity....

Tom Valentine - *True Health*

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Salads

How to Make a Great Salad

Diversity, Diversity, Diversity!!!!!!!!!!!!!!!!!!

Salads are beautiful and satisfying. Have fun with the different combinations. Nuts, seeds, and avocados make salads very fulfilling, and they tone down the spicy sulfurous action of mustard greens, onions, and garlic.

Another great addition to salads is dried fruit - used sparingly.

Summer Garden Salad

- byJan Jensen

6 cups of wild or other greens, includingdandelion
2 apples, chopped
1 cabbage, green
1 yam
4 tablespoons hemp seed

Chop by hand into bite size pieces. Spiral slice yam with Saladacco.

Mix all ingredients together.

Serves 4-8

Lettuce comes from the plant family that includes daisies and thistles.Romaine lettuce or Cos is derived from the word Roman. One of the most popular of numerous varieties of lettuce, it has been grown for thousands of years and was popular during the Roman times - so the designation "Caesar salad" for a salad composed of Romaine lettuce is apt.

American per capita consumption of lettuce of all types doubled from the 1940's to the 1970's.

Unfortunately, the most popular variety of lettuce – iceberg-is not one that we can recommend. Iceberg lettuce accumulates cadmium, a toxic metal, and rates poorly in nutrient content.

But other lettuces provide carotene, b-complex vitamins, potassium, phosphorus and all-important silicon.

Oriental medicine uses romaine lettuce in the treatment of alcoholism.

- *Nourishing Traditions*, by Sally Fallon

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Summertime Salad

1 cup diced tomato (seeded)
1 cup diced cucumber (seeded)
2 teaspoons finely minced onion or more to taste
dash of fresh ground pepper (optional)
Finely dice the vegetables.
Toss.

This recipe works better if you seed the tomatoes.

Allow flavors to blend at room temperature for 1-2 hours, stirring occasionally.

Will keep in refrigerator for 2-3 days.

Serves 2-3

Carrot Salad

4 – 5 Large Organic Carrots, grated
½ C. Organic Raisins
½ C. Walnuts, Chopped
¼ C. Veginase (transitional)
Fresh Mint Leaves

Mineral Salad

- By Jan Jensen

1 cup carrots
¾ cup diakon or black radish
½ cup thinly shredded beet
½ cup currents
½ cup parsley
¾ cup almonds (soaked)
¾ cup seaweed (soaked), optional
plum wine vinegar
olive oil (transitional)

Pulse chops in food processor,
Toss with vinegar and oil.

Stuffed Salad

2 cups alfalfa sprouts
1 cup mung sprouts
1 tomato diced
½ medium avocado, chopped
1 tablespoon tamari
6 outer leaves romaine lettuce

Mix alfalfa and mung sprouts with tomato, avocado, and tamari.
Roll up salad ingredients inside romaine lettuce leaves and secure with a toothpick.

Serve on a bed of alfalfa sprouts with some veggie kraut on the side.

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Carrot and Jicama Salad

Jicama is a white-fleshed root vegetable that is a good source of vitamin C. It adds a great crunchy component to salads.

This crunchy and tasty salad is best made with a good vegetable shredder called a "mandolin." If you don't have a mandolin but want to buy one, try your local Asian food supermarket. Almost all Korean supermarkets carry an excellent one for around twenty-five dollars.

3 small carrots, peeled and shredded
1 small to medium jicama, peeled and shredded
1 yellow or red bell pepper, seeded and sliced into thin strips
¼ red onion, sliced into thin strips
1 cup of chopped cilantro
Favorite dressing to taste

Combine all ingredients in a large salad bowl, add house dressing, and toss.
Toss.
Sprinkle with almonds
Enjoy this crunchy, healthy, and yummy salad.

Mediterranean Sea Vegetable Salad

¼ C Wakame or sea palm, soaked
¼ C dulse, soaked
½ C sun-dried black olives, pitted and chopped
2 T Olive oil
2 T lemon juice
6 radishes, finely chopped
2 stalks of celery, finely chopped
2 scallions, finely chopped (optional)
1 tomato, finely chopped
Dash of cayenne
Sprinkle of sesame seeds

Combine all ingredients in a mixing bowl.
Serve on crackers or cucumber slices.

- by Mike Snyder of www.TheRawDiet.com

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Papaya Watercress Salad with Lime

Ingredients:

1½ bunches watercress leaves
3 papayas seeded/sliced
1 ounce (4-5 stalks) hearts of palm, thinly sliced
1½ medium tomatoes

Dressing:

3 tablespoons lime juice
3 tablespoons cilantro, chopped
1 pinch coriander
1 pinch allspice

Arrange watercress on 6 small plates.
Top layers papaya, hearts of palm and tomatoes.

Mix dressing, then drizzle over salads.
Let stand 30 minutes before serving.

Makes 6 servings.

Raw Basil Tomato Salad

3-4 medium Vine ripened Tomatoes
(cut into ½ inch pieces)
2 Garlic cloves (peeled and minced)
½ cup fresh Basil leaves (minced fine)
2 tablespoons Extra Virgin Olive Oil
½ teaspoon Celtic Sea Salt
(optionaland to taste)

Place all ingredients in bowl, mix well.
Allow to marinate for ½ hour in
refrigerator.

Serve with “pasta.”

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Broccoli & Cauliflower Salad

- contributed by Monica Olinger

1 head cauliflower, chopped into florets
1 bunch broccoli, chopped into florets
½ purple onion, finely chopped
Juice of 2 limes
A few spoonfuls of vegenaise (transitional)
Season with Herbamare

Top with ½ c chopped pecans

Cauliflower Salad

- by Kay Shoufetz

1 small head cauliflower (cut into small pieces)
½ red bell pepper - diced

Mix in blender to make dressing:
½ red pepper
3 T. lemon juice
1 T. fresh basil
1 T. fresh oregano
2 stalks celery
2 cloves garlic
3 T. olive oil
Celtic Sea Slat
½ t. honey or stevia to taste

Mince ½ Cup fresh parsley and add after blending.
Pour onto cauliflower salad.

Spinach Cauliflower Salad

½ large bunch spinach, torn into bite-size pieces
½ medium head of cauliflower, brokeninto florets, cut in ¼" slices
1 large avocado, diced

6T flax oil
3T lemon juice
2t Bragg's
1t dry mustard
1t dry basil leaves
1 large clove garlic, pressed
dash of ground nutmeg
½ C almonds, soaked 12-48 hours, blanched and chopped

Combine spinach, cauliflower and avocado in a bowl.

In a small bowl, mix flax oil, lemon juice, Bragg, mustard, basil, garlic, and nutmeg.

Pour over salad and stir.

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Quinoa Salad

1 cup dry quinoa soaked 4-6 hours,
then sprouted 2-3 days (becomes about 6 cups)
2 cups diced cucumbers
2 cups diced tomatoes
3 diced avocados
4T Nama Shoyu

Quinoa is a staple food of the Incas and the Indians in Peru, Ecuador and Bolivia.

During his pioneering investigations in the 1930's Weston Price noted that the Indians of the Andes mountains valued gruel made of quinoa for nursing mothers.

Quinoa contains 16 to 20 percent protein and is high in cystine, lysine and methionine - amino acids that tend to be low in other grains. It contains iron, calcium and phosphorus, B vitamins and vitamin E, and is relatively high in fat.

Like all grains, quinoa contains anti-nutrients and therefore requires a long soaking as part of the preparation process.

Sally Fallon, *Nourishing Traditions*

Fennel Orange Lime Balm Salad

1 large fennel bulb
5 large oranges
2 ½ tablespoons lemon juice
½ cup seedless grapes, halved
1 tablespoon chopped lime balm leaves

Trim the top and bottom off fennel bulb.
Quarter and slice bulb as thin as possible.
Place fennel in medium bowl.
Peel, seed and cut oranges into sections, then chop into smaller pieces.
Stir in the grape halves and toss with lemon juice.

Sprinkle with lime balm leaves.

- contributed by Suzanne

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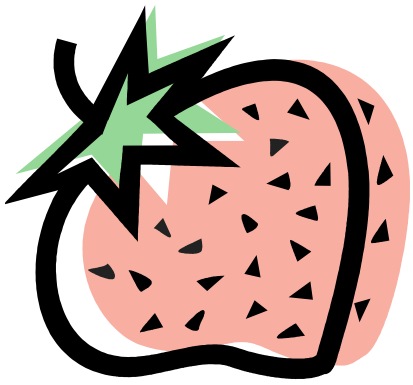
Rose's Sesame Salad

Blend the following:
6 cups sesame seeds (hulled)
1 cup raisins
12 cups water

Strain through a seed bag.
Put the pulp in a bowl to use as the base for this salad.
The liquid is nut mylk which you can drink as is, or pour into the blender and blend with fruit (eg. banana, blueberries, peaches).

Stir the following into the pulp:
1 cup apple cider vinegar
2/3 cup olive oil
2 teaspoons celery seed
2 teaspoons sea salt
¼ teaspoon cayenne

Add the following to the above:
4 cups fresh dill (chopped)
4 carrots (shredded)
5 stalks celery (chopped)
A chopped red pepper can also be added.
Add 6 cups of greens to the above (e.g. Lettuce, spinach, kale).



Pressed Red Cabbage Caraway Slaw

6 cups thinly sliced red cabbage (½ large cabbage)
1 large onion, sliced thin
1 teaspoon sea salt
1 tablespoon caraway seeds
2 teaspoons liquid aminos, or nama shoyu or additional sea salt

Place vegetables in bowl; add sea salt, caraway seeds and Liquid amino's evenly over vegetables.
With hands, knead and toss salad, crushing vegetables with hands, 5-6 minutes.(experiment with different vegetables)
Serves 4-6
Keeps 4-5 days refrigerated.

Napa Cabbage Slaw

Red wine vinegar
Grapeseed oil vegenaise
Honey
Stevia
Herbamare
5 spice powder

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Crunchy Rainbow Coleslaw

Equipment needed:
- chopping surface
- sharp vegetable knife
- grinder

Suggested basic ingredients:
- Thinly shredded green cabbage
- coarsely shredded red cabbage
- thinly sliced white or red spring onions
- thinly sliced red, green or yellow peppers
- finely sliced celery
- thinly sliced fennel use green sprigs for decoration.

Optional extras:
- Finely diced garlic
- soaked raisins
- black pepper
- cumin sprouted
- chickpeas
- sweet corn
- soaked pumpkin seeds
- sprouts radish
- mushrooms
- seaweed

Let stand for 2 hours.
Can be pre-prepared.
This meal becomes warming with additional curry powder.

Add optional extras:
1 Crunchy pesto or basil gives the slaw a rich nutty flavor and texture - add raisins.
2 Drizzle vinaigrette, lemon juice or cider vinegar over the slaw - add garlic.
3 Mayo for creamy effect-add sweet corn.
4 Salsa with chopped tomatoes-add more peppers.
5 Curry sauce-add chickpeas for authenticity.
6 Seaweed pâté for iodine rich salty taste.

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Thanksgiving Cranberry Salad

1 pound Fresh Cranberries, rinsed
1 Organic Orange, seeds removed (use the whole orange)
1 C. Honey Organic Nectar
3 Stalks Celery, chopped
3 Red Delicious Apples, grated
Pecans, washed, drained, and dehydrated

Grind Cranberries and Orange in a food grinder.
Put into a bowl.
Add 1 C. Honey Organic Nectar and let sit in refrigerator for 24 hours.
Then add 3 Stalks Chopped Celery and 3 Red Delicious Apples that have been grated.
Fold all of this together.
Top with Pecans that have been soaked, drained, and dehydrated.

Refrigerate.

Notes

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Salad Dressings

The Basics of a Great Salad Dressing

- by Victoria Boutenko of RawFamily.com

Fat: avocado, extra virgin olive oil, raw Tahini, coconut butter, nuts and seeds.
Acid (sour): lemon juice, raw apple cider vinegar, grapefruit juice.
Sweet: honey, date, mango, apples.
Spicy: garlic, ginger, cayenne, and hot peppers.
Salty: Celtic sea salt, celery, nama shoyu, dulse, kelp, miso.

The basic mechanics of constructing great food is very simple. Start your dressing with a fat and an acid (sour). If you desire a creamy dressing add more fat (avocado, olive oil, nut butters, coconut oil). If you desire a more sour dressing add more acid (lemon juice, raw apple cider vinegar). The key is to start off slow and build. Remember, you can always add more of an ingredient but you cannot take it away.

I tend to always start off with the fat and the acid (sour) first - usually more fat than acid. A 2-1 ratio fat - acid is a good starting point. Once you have combined these two ingredients in your blender taste them to see if you like the balance. If your dressing is too sour add more fat, and if it is to oily add more sour.

Now that you have your fat and acid blended you can add a non-sweet fruit for body. Examples of non-sweet fruits are; bell peppers, cucumber, tomatoes, and zucchini. Once you have achieved the consistency you desire add the rest of the five flavors (sweet, sour, salt, bitter, and spicy). The key to learning is to taste constantly and experiment with your balancing techniques. Add one ingredient at a time and then taste after it is blended.

Tips:
1.) Use raw garlic sparingly. You can always add more, but never take away.
2.) Easy on the cayenne!
3.) Add spices a little at a time and taste continuously.
4.) Sour flavors cut bitter.
5.) The more raw fat you add the creamier your dressing will be.
6.) Sweet cuts sour.
7.) Fats cut spice and tone down bitter

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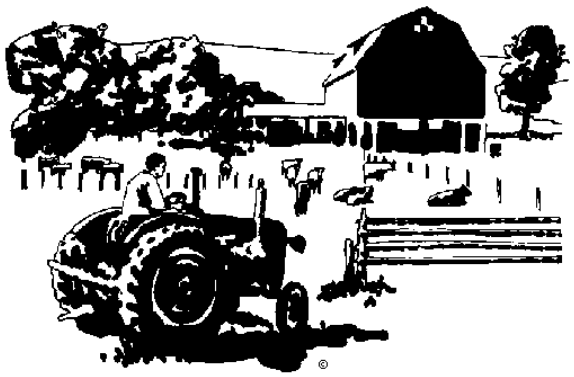
Carrot Salad Dressing

1 med diced carrot
½ sliced onion
3 tbsp sesame seeds
2 tbsp cider vinegar
½ cup oil
4 tsp tamari soy sauce
7/8 cup water

Blend ingredients in a blender.



Nina's French Dressing

Blend the following:
tomatoes
cucumber
garlic
cayenne or a little piece of jalepino
lemon& parsley or lime & cilantro
olive oil
sea salt

Joshua's Amazing Salad Dressing

Juice of one lemon
Juice of one lime
½ inch of fresh ginger
1 garlic clove
4 to 6 oz of water

Blend until smooth.

Then, take (ORGANIC of course)
1½ stalk of celery
½ green bell pepper
1 bunch of fresh cilantro
some fresh dill (to taste)
1/3 of a chili pepper
1 fresh tomato
and a pinch of sea salt and pepper

Blend until smooth.

Take one of the following ...
1 tablespoon of sesame butter or
½ avocado or
3 oz of extra virgin olive oil

Blend until smooth and creamy.

If you like it more creamy or smooth add more from fat selection.
Enjoy.

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Raw Ranch Dressing

½ cup tomatoes
1 juice from 1 lime
2 T. apple cider vinegar
½ big sweet red bell pepper, or 1 small one
1/3 cup fresh dill
1-2 stalks celery
4 T. almond butter
sea salt if desired — optional

Blend all ingredients until smooth. The dressing is great without salt.

Italian Dressing

½ inch vinegar
½ inch water
¾ C oil
Italian Seasonings

Red Bell Pepper Dressing

3 avocados
4 cloves of garlic
½ to 1 red onion
2-3 red bell peppers

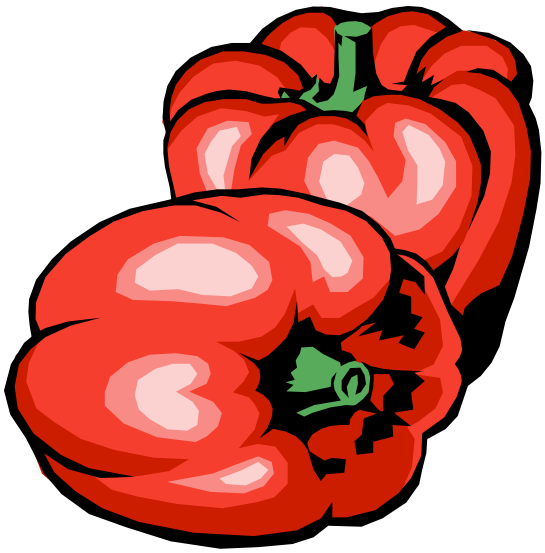
Add splash of apple cider vinegar and olive oil
- Braggs or Shoya Season to taste (optional; for transitional diet)
Cover with water and blend

Fancy Italian Dressing

It's a lot easier being raw on a hot summer afternoon.
Here's a favorite salad dressing recipe:

1 c. olive oil
½ c. lemon juice
1 Tablespoons honey
2 cloves of garlic
1 tsp oregano
2 tsp parsley
1 tsp basil
Pinch of cayenne
Pinch of salt

1) In a mixing bowl whisk olive oil, lemon juice, and honey together.
2) Press garlic in bowl and add the remainder of the ingredients.
3) Whisk until creamy.
4) Serve in a nice bowl and enjoy.



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Basil and Miso Dressing

Ingredients:
2 tablespoons chopped fresh basil
2 tablespoons chopped onion
2 tablespoons miso or den jang
3 tablespoons extra virgin olive oil
2 tablespoons water
1 tablespoon vinegar
1 tablespoon lemon juice
1 tablespoon raw or unpasteurized honey
½ teaspoon Dijon-style mustard
2 small cloves garlic

Directions:
Place all ingredients except olive oil in a blender.
Blend ingredients for 10-15 seconds or until homogenized.
With the blender running, remove the lid and add olive oil in a thin stream.
Continue blending until smooth.

Try this delicious Italian-style creamy dressing on a fresh vegetable salad or with a plate of steamed vegetables. Best used fresh.

Basil Dressing - Quick 'n Simple Version

(No exact amounts--start with less, can add more)

In blender add pinch water
fresh chopped basil
Tahini or almond butter
lemon, fresh squeezed... start with little and can opt. too....

Blend all together....
That's it!!

Sweet Basil Dressing

We love the aroma of fresh basil and use it whenever it's available. Basil is an excellent source of vitamin C and beta carotene. This versatile sweet basil dressing can be used over steamed vegetables, fish, and baked or mashed potatoes. In the summer, try brushing it on raw corn on the cob.

1 cup of roughly chopped fresh basil leaves
2/3 cup of cold pressed extra virgin olive oil
3 tablespoons of water
2 teaspoons of unpasteurized or raw honey
3 ½ tablespoons of freshly squeezed lemon juice
1 clove of garlic, pressed or finely minced
Sea salt and pepper, to taste

Blend all ingredients in a blender or food processor until creamy. Use immediately or store in an airtight container for up to two weeks in the refrigerator.

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Herbed Tomato Dressing

2 skinned, quartered tomatoes
2 tbsp sunflower seeds
½ garlic clove
½ tsp thyme, oregano, rosemary and basil.

Blend all ingredients until well mixed.

Carrot Salad Dressing

1 med diced carrot
½ sliced onion
3 tbsp sesame seeds
2 tbsp cider vinegar
½ cup oil
4 tsp tamari soy sauce
7/8 cup water

Blend ingredients in a blender.

Coconut Cucumber Carrot Salad Dressing

Coconut Butter
Cucumber
Lemon juice
Carrot
Cumin
Coriander
Cayenne
Sea Salt

To me, true health is...achieved by following the laws of nature; when you break them, illness results.

Health is not something bestowed on you by beneficent nature at birth; it is achieved and maintained only by active participation in well-defined rules of healthful living - rules which you may be disregarding every day.

Henry Bieler, MD - *Food is Your Best Medicine*

Rose's Creamy Dressing

Combine the following in a blender:
3 cups sesame seeds
juice and grated rind of 2 lemons
½ cup olive oil
3 cups water
4 cloves garlic
½ cup raisins
1½ teaspoon sea salt
dash of cayenne
2 teaspoons dry thyme
3 tablespoons Italian mix
1 teaspoon celery seed

Instead of thyme, Italian mix and celery seed, you can use your favorite herbs and spices…fresh or dried.
Favorites are fresh dill and parsley.

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Hiawatha's Sesame Garlic Dressing

Grind in coffee grinder - ½ cup unhulled sesame seeds
Blend the ground sesame seeds with the following:
1½ cups water
3-5 cloves garlic
1 teaspoon dill weed
1 teaspoon tumeric
½ teaspoon Celtic sea salt or Braggs (optional; for transitional diet)

Avocado Dressing

- try on all your raw food dishes, not just salads!
3 avocados
4 cloves of garlic
½ to 1 red onion

Add splash of apple cider vinegar and olive oil - Braggs or Shoya Season to taste (optional; for transitional diet)
Cover with water and blend.

Orange Crème Dressing

- by David Klein

Add a cup or more of macadamia nuts to a blender then
add approx. ½ cup of fresh-squeezed orange juice,
then blend at high speed.

Add nuts and juice to get the consistency you desire.
Use a spoon if needed to dress a fresh garden salad and enjoy!

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Heriote's Salad Dressing

Balsamic vinegar
Stevia
Herbamare spice
Salad sprinkle (frontiers)

Cranberry Orange Sauce

- Created by Jackie Graff - Sprout Raw Food.com

1 pound cranberries
2 oranges, seeded and peeled
2 apples, cored and peeled
1 tablespoon orange zest (from organic oranges only)
2 cups walnuts, washed, soaked for 6 hours, and dried for 6 hours in the dehydrator
8 medjool dates, pitted and soaked for 1 hour if they are not soft
½ cup raw honey

Process cranberries in a processor until coarsely chopped and remove to a bowl.
Process orange, apples, orange zest, dates and honey until finely minced.
Place in bowl with cranberries.

Process walnuts in a processor until coarsely chopped and add to bowl of cranberries, oranges and apples.
Combine all and mix well.
If more sweetness is needed add more dates and honey.
This is best if made a day ahead and refrigerated.

Cashew Crème

1 Cup soaked cashews (approximately 1 hour)
2 Tablespoons maple syrup
1 teaspoon vanilla

Blend in Vita Mix
Optional: Add nutmeg, cardamom or cinnamon

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Orange Tahini Dressing

2 tablespoons Tahini
½ cup fresh orange juice
1 pinch sea salt
1 teaspoon grated ginger
¼ teaspoon cinnamon
1 teaspoon dulse flakes
1/8 teaspoon curry powder

In bowl, add orange juice gradually Tahini, salt, stirring each ingredient. Dressing is fine as is, or spice to taste. Makes ½ cup.

To vary recipe, add:
1 teaspoon chopped ginger
1-2 teaspoons tamari or:
2 teaspoons poppy seeds
¼ teaspoon Chinese 5 spice powder if desired

Lemon Tahini Salad Dressing

- from Cassandra
½ cup lemon juice
5 dates
1/3 cup raw Tahini
Mix all ingredients together.

Mint Tahini Salad Dressing

- From Susan Smith Jones

1 Cup fresh mint leaves
¼ Cup Raw Tahini
¼ Cup water
3 T lemon juice

Mix all ingredients together.
Makes ¼ Cup

Jazzy Tahini Dressing

- By Noel Kaufmann
¾ cup sesame seeds soaked (3 hours)
Blend along with soak water until fairly smooth.
Blend together with:
juice of 1 lemon
garlic to your taste
1 tbsp. or so ginger powder
½ cup olive oil
sweeten to taste
Makes ¼ cup apple juice

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Carl's Curry Sauce

- From Carl Sullivan
Makes enough for 2-4 people, depending on their appetite!

Ingredients:
1 Cup Almonds
1½ Cups water
1 small Onion chopped
1 small Avocado
12 soaked Raisins chopped
1 thumb fresh Ginger
2 tsp dried Lemongrass
1 Cardamon pod
½ tsp Turmeric
½ tsp dried Coriander
1½ tsp curry powder or Garam Masala
Selection of vegetables
e.g. 1 zuccini, 4 mushrooms, ½ Cup fresh green peas, ½ Cup sprouted chickpeas, ¼ Cup cauliflower chopped small.

Method:
Soak the almonds and raisins overnight.Blend the almonds with the water until really creamy.
Add the onion, ginger, raisins and herbs and spices and blend again.
Add the avocado and blend again.
Place the chopped vegetables in a dish then add the sauce.
Allow to marinade for at least 2 hours.
Place in a dehydrator for at least one hour.
Serve.

Vic's Saucy Red Pepper Sauce

- From Vicky Sullivan

Great with zucchini, "pasta" etc, or as a pizza topping.
This makes about a pint of sauce

Ingredients:
3 large red peppers chopped
4 pieces of sun-dried tomato
½ small clove garlic
12 raisins chopped
2 inches leek chopped
1 stalk celery
1 tsp Italian mixed herbs
1 tsp dried thyme
2 T lemon juice
3 T Nama Shoyu or Tamari
2 T olive oil or sesame oil

Place all ingredients in a blender, and blend until smooth

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Cranberry

1½ ounce fresh cranberries, washed
1 or 2 oranges, peeled
1 teaspoon orange zest (or finely grated orange peel) - optional
4 or more dates

Blend cranberries & oranges until chunky
Add dates, blend, (taste, and continue adding dates until sweetened to taste).

Make 2-3 days in advance.
Double or triple recipe if needed.

Notes

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Pesto

Zucchini Pesto

1 medium-large zucchini, diced very finely
1 clove garlic
¼ cup coarsely torn or chopped fresh basil
3 T. pine nuts
3 to 4 T. extra-virgin olive oil

In mortar, mash garlic with pinch of salt, if desired.
Work in basil and pine nuts until smooth.
Work in olive oil, and then finely chopped zucchini.

Serve as relish or dip.

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Pâtés & Dips

Guacamole Olé!

Guacamole is always a big hit – and quick and easy to prepare! This recipe is about right for 1 – 2 people; so if you're serving a crowd, expand accordingly.
You can prepare this as a chunky dip, or you can mash it smooth, add water and use as a salad dressing.

2 ripe Avocados
1 Tomato, diced
Juice of 1 – 2 Lemons (to taste)
¼ c fresh Cilantro, finely chopped
1 clove Garlic, minced
1 t Cumin
½ t Cayenne (or mince in some fresh, hot chilies!)
Celtic Sea Salt, to taste
Fresh ground Black Pepper, to taste

Mash and mix all ingredients with a fork.
Serve and stand back!

Salsa

5 medium tomatoes
1 small red onion
2-4 cloves garlic (to taste)
1 hand full of fresh cilantro
1 raw unfiltered apple cider vinegar
1 juice of lime
1 dash Celtic sea salt
1 dash black pepper (optional)
2-3 jalapenos (optional)

Chop by hand the following ingredients: Dice tomatoes, dice onions, press only two fresh garlic cloves, and (add more later if needed). De-stem and chop cilantro in medium bowl.

Pour enough apple cider vinegar so liquid is level with the amount of tomatoes.
Juice one lime, add to salsa. Mix thoroughly. Add salt, pepper, more garlic or jalapenos if desired, to taste.

The apple cider vinegar amplifies the kick of the onions and garlic.

The finer you dice the onions and more garlic you add, the hotter the salsa becomes without jalapenos.

Just try a few bites, and you'll tear up and start to sweat!
Enjoy... don't forget to keep a cool green smoothie near, to put out the fire!!!

- Thanks to surrenderedwill.blogspot.com

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Sunflower Pâté

3 cups sunflower seeds, (soaked 8-12 hours, sprouted 2-4 hours)
1 cup squeezed lemon juice
½ cup chopped scallions
¼-½ cup raw tahini
¼ cup liquid aminos,
or 2 tablespoons nama shoyu, or pinch of sea salt with add'l water
2-4 slices red onion, chunked
4-6 tablespoons chopped parsley
2-3 medium cloves garlic, coarsely chopped
½ teaspoon cayenne pepper (to taste)

Soak sunflower seeds 8-12 hours, drain, sprouted for 3-4 hours (leave out on counter)
Thoroughly rinse and drain removing husks.

In food processor add:
sunflower seeds
lemon juice
scallions
tahini
liquid aminos
onion
parsley
garlic
cayenne, until smooth paste.

Blend, taste and season, pâté develops strong garlic taste in hours.

Makes 8 cups

- contributed by Mary Fleming

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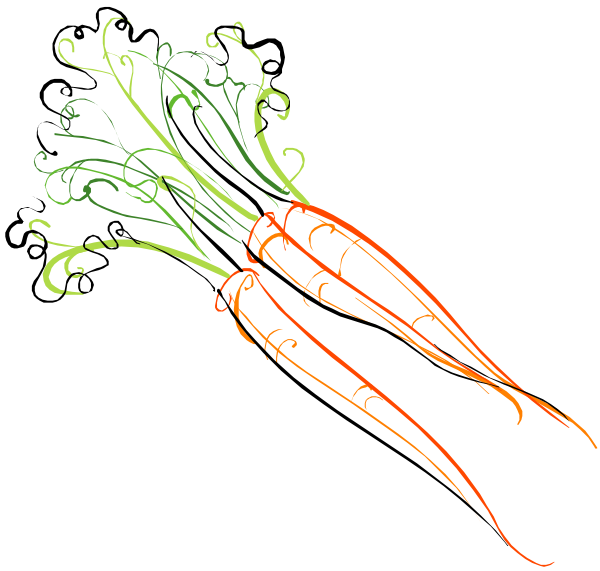
Almond Carrot Pâté

- by Frederic Patenaude



Basic recipe serves 3-4

1 cup almonds (measured before soaking)
2-4 medium carrots

Directions

The almonds should be soaked 8 hours in water, or over night. After soaking, homogenize the carrots and almonds to create a pâté. The best way to do this is to use a Champion juicer or Green Life juicer (or other similar juice) with the blank plate on alternating between the carrots and the soaked almonds. You may also use a food processor or even a blender (more difficult). The idea is to achieve a nice pâté consistency.

* Note: the more carrots you use, the more "juicy" and less fatty the pâté will be. The more almonds you use, the more fatty and rich it will be. It depends on your preference.

When you have the pâté ready, add the following to the mixture:

1 lemon (juice of)
3-5 green onions, chopped fine

Dulse flakes or whole dulse (briefly rinsed) to taste (I usually add several heaping tablespoons of dulse flakes)**

Serve this pâté inside red bell pepper halves and romaine lettuce leaves!

* Note: Dulse is a sea vegetable. You can find it in most health food stores. It will give the pâté a more salty and "fishy" flavor, which is what we're after. I suggest using 2-4 tablespoons of dulse powder. If dulse isn't available, use some sea salt.

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Caroline's Supreme Sunflower Seed Pâté

4 Cups sprouted sunflower seeds
1 Cup soaked almond or sprouted pumpkin seeds
6-8 Medium carrots

Grind above through Champion Juicer (carrots can be juiced for a dryer consistency).

Add:
1 Medium onion, chopped fine
2 Stalks celery, chopped fine
¼ Cup parsley, minced
4 Cloves garlic, minced or crushed
2 Lemons juiced
2 Avocados, mashed
1 teaspoon curry powder

Mix well; form into a loaf, decorate and serve.

Apple Nut Horseradish Dip

- by Pat Benfield ofPamperedpallet.com

2 apples, peeled, cored
1 T lemon juice
¼ C yogurt
1 T prepared horseradish
2 T minced or ground walnuts

Grate apples, immediately combine with lemon juice to prevent discoloration. Blend in remaining ingredients.

Serve dip with chips, crackers, or vegetable dippers.

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Cranberry Relish

- by Pat Benfield ofPamperedpallet.com

3 C Cranberries
1 Pear
1 Apple
1 Orange, with skin
Honey
Cinnamon and cloves

Chop, mix and serve.

Pumpkin Seed Tip

Save those pumpkin seeds! Pumpkin seeds support the function of the immune system, assist prostate health and help lower cholesterol levels. They are also a useful source of omega 3 fatty acids and zinc. Enjoy a time of family fun by turning them into a healthy whole food treat.

Remove the seeds from the pumpkin's inner cavity and wipe them off with a paper towel to remove excess pulp. Spread them out evenly on a paper bag and let them dry out overnight.

The next day, place them in a single layer on dehydrator trays and put them into the dehydrator for 8-24 hours. Its lots of fun and your family will reap the rewards of a healthy snack.

P.S. from Jan: **Butternut and Acorn and other types of squash seeds** are VERY tasty too! I like to put them on dehydrator trays and dry; saves all their nutrients and digestive enzymes.

- Thanks to Jan Jensen

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In Praise of the Sunflower Seed

- by Chet Day

If you're like me, you can stop and gaze for many minutes at a beautiful field or stand of sunflowers.

And if you're like me, you probably used to buy little plastic bags of sunflowers when you were a kid. You know the kind they were really salty and you'd crack the seed between your front teeth and then chomp down on the delicious kernel while spitting out the husk. And your mom would yell at your for spitting and acting common.

I loved those seeds when I was a kid, but, honestly, commercial sunflower seeds in the cellophane bags don't cut the mayonnaise compared to raw sunflower seeds and sprouted sunflower seeds.

Talk about good protein, the protein in sunflower seeds can't be beat. And it won't clog up your innards like beefsteak and pork chops coagulated with grease.

Raw sunflower seeds make for a tasty mid afternoon snack too, and they're a lot better for you than a Snickers bar or a Dr. Pepper. Wash 'em down by chewing them until they're a liquid. Savor the subtle tastes as your mouth enzymes break them down and prepare the seeds for stomach digestion.

Sprouted sunflower seeds? Better yet as a snack!A lot better for your heart and health than commercial dairy from cows violated with growth hormones and all those antibiotics. Ready to add some real sunflower seeds to your diet? I hope so. More info at:chetday.com/sunflower.html

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Sauces

Any Soup or Dip can be used as a Sauce!

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Condiments

Mayo

Blend:
- 2 cups cashews
- 1½ cups water
- Juice of 1½ lemons
- Olive oil (optional)
- 3 cloves garlic
- ¾ teaspoon cayenne
- Honey (optional)

Mustard

Stir together:
½ cup mustard powder
2 Tablespoons water
2 Tablespoons apple cider vinegar
2 Tablespoons honey (optional)

Barbecue Sauce

Prepare in a food processor using S blade (makes 2 ½ cups):
1½ cups tomatoes
¼ cup onion
½ teaspoon garlic
1 teaspoon salt
1 tablespoon olive oil
½ cup raisins (not soaked)
Dash of cayenne, or ¾ teaspoon jalapeno
¾ tablespoon dry basil or 4 fresh basil leaves

Cranberry Relish

- by Pat Benfield ofPamperedpallet.com

3 C Cranberries
1 Pear
1 Apple
1 Orange, with skin
Honey
Cinnamon and cloves

Chop, mix and serve.

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Entreés

Tasty Veggie Burgers

- From Linda Carpenter
** This recipe is great doubled, with the extras going in the freezer…

5 cups almond (or any nut) pulp
(Can use the pulp left from nut mylk, or just soak fresh nuts)
1 small butternut squash (peeled and cubed) – can substitute carrots here
2-½ cups pumpkin seeds (soaked 8-12 hours)
1 red bell pepper
½ to 1 onion, chopped (sweet onion)
2 to 3 stalks celery, cut into pieces
¼ to ½ cup fresh basil (washed and taken off stem)
¼ to ½ cup fresh parsley (washed and taken off stem)
2-3 cloves garlic
1 Tbsp. dry dill (or ½ cup fresh)
¾ cup ground flax seeds
Celtic sea salt- 1 to 2 tsp.
Stevia - ¼ tsp. dry or 10 drops liquid
Several dashes of cayenne pepper
Trocomare seasoning- 1½ to 2 Tbsp.

Put nuts (if whole and soaked), squash, pumpkin seeds, bell pepper, onion, celery, basil, parsley, garlic and dill through juicer using the solid plate.

Then mix in flax meal, salt, Stevia, cayenne and Trocomare seasoning. (**if using nut pulp, just add this to juicer mixture and seasonings)

Form into round burgers and place on a mesh sheet if possible, or on a teflex sheet if too moist.

If on a teflex sheet, dehydrate 4 to 6 hours on 95 degrees, shift to mesh sheets for another 4 to 6 hours or desired dryness.

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Zoom Burgers

1½ cups walnuts soaked for 12 hours and dehydrated
2 cups zucchini, shredded
¾ cup celery, minced
1½ cups mushrooms, minced
½ cup red onion, minced
1 clove garlic, crushed
2 tablespoons dark miso, plus a little water
2 tablespoons nutritional yeast
1 tablespoon fresh sage, minced
1 teaspoon Celtic Salt
½ teaspoon white pepper
3 tablespoons parsley, minced
¼ cup golden flax, ground into powder
Special equipment: processor, dehydrator

1. Place 2/3 of the walnuts in the food processor, and puree. Add the zucchini and pulse to mix. (Do not over process-mixture will be textured) Put in bowl large enough for mixing.
2. Mince remaining nuts by hand or pulse in processor until grainy.
3. Combine remaining ingredients together and stir well.
4. Form burgers ½ inch thick using 1 cup mixture per patty.
5. Place on Teflex sheet in 105 degree dehydrator for 6-12 hours or desired texture. Turn once during dehydration time.
6. Serve on lettuce leaf or live sprouted grain bun with Cashew Mayonnaise, Honey Mustard, and "Ketchup" with all the trimmings.

Servings: 6
- Contributed by Jan Jensen

Live Fries with Tomato Basil Sauce

Peel and slice one large jicama so it looks like French fries.

Combine in a bowl with:
1 tablespoon onion powder
2 tablespoons extra virgin olive oil
1 tablespoon paprika

Sea salt to taste
Serves 5

*We recommend serving live fries with Tomato Basil Sauce (please see below).

Tomato Basil Sauce

Blend 2 cups fresh chopped tomatoes. Add the following ingredients and blend:
1 cup sun-dried tomatoes
¾ cup chopped fresh basil
Juice of 1 medium lemon
2 tablespoon olive oil
4 dates (or some raisins)
1-2 cloves garlic
Serves 9.

- Thanks to Victoria Boutenko at RawFamily.com

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BLT

- By David Klein
6 large lettuce leaves
½ cup of Brazil nuts, soaked and ground
1 oz. of sun dried tomatoes, soaked
¼ cup of pine nuts, soaked
1 slice large tomato
1 thin slice of sweet onion (optional)

INSTRUCTIONS:

Drain soaked sun dried tomatoes, then blend with ground Brazil nuts.
Add water as needed to make a workable mixture. Form the tomato mixture into a patty. Janee said the Brazil nuts and sun dried tomatoes taste like bacon.
Place the patty on 3 leaves. Drain, rinse and blend pine nuts. Add water as needed to create a creamy consistency. Spoon the pine nut mixture over the patty. The pine nuts act like a mayonnaise. Top with the tomato slice, sliced onion and 3 leaves of lettuce. Enjoy.

If you don't have pine nuts you can always use cashews instead.

Mock Chicken Salad

This is really delicious stuffed in a large tomato or avocado.

Serves 4-6

Ingredients:
¼ C sunflower seeds
1 C cashews
1 cucumber, peeled and seeded and cut into chunks
2 green onions, cut into smaller pieces
1 cup of pecans
1 celery stick, cut into chunks
1 tsp. dried dill
¼ tsp. curry powder
juice of ½ a lemon

Preparation:
Put all ingredients in a food processor and pulse chop until everything is chopped medium to fine. Enjoy!

This recipe is from The Raw Table. There is a yummy looking picture of it on their website.

therawtable.com/recipecoll/mockcs.htm

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Faux Tuna

This attractive dish resembles tuna casserole. But we know it's not!
For luncheons or brunches this recipe is lovely served in a scooped out tomato.

Ingredients:
2 cups almonds, soaked 8-10 hours
2 whole carrots
½ cup coarsely chopped red onion
1½ cups finely minced celery
½ cup minced parsley
¼ cup minced shallot or scallion
¼ cup lemon juice
2 teaspoons kelp powder
1 teaspoon dulse powder or granules
1 tablespoon liquid aminos
2 teaspoons nama shoyu or
1 teaspoon sea salt

Soak almonds 8-12 hours, drain, rinse, drain again. Put almonds, carrots and onions in juicer, put in large bowl, add celery, parsley, shallots, lemon juice, kelp, dulse, liquid amino's or sea salt, stir thoroughly.
Shape in mold, free hand-fish shaped or in pie crust.
Keeps several days in refrigerator.
Serves 4-6

Mock Salmon Pâté

2 Cups Almonds, soaked overnight
2 Medium or large carrots
Put the above through the Champion with the blank

ADD:
½ Cup celery – diced
½ Cup seeded cucumbers – diced
½ Cup onions – chopped

Dressing:
Put all in Vita-Mix
½ Cup of Almond Mylk
2Tbs lemons – juiced
¼ onion
¼ sweet yellow pepper
¼ sweet red pepper
¼ Cup cucumber
Pinch of cayenne
1 clove garlic
2 Tbs Parsley – chopped
1 Tbs Dulse
Bragg's to taste
Dill (optional)

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Pepper Puppies

½ C. Flaxseed
1 C. Carrots
½ C. Almonds
½ C. Celery Juice
½ C. Red Onion
Herbamare
4 Cloves Garlic
3 Red Peppers

In Blender, blend all but peppers.
Cut Peppers in large bite-sized pieces and place on serving plates.
Put mixture dollop on top of each pepper and enjoy!!

Chili

- By Tim Trader and Laurie Master

Serves 4 when served with a simple salad
This is a low-fat, healthful alternative
3 cups tomatoes, diced small
2 cups of red bell peppers, diced small
¾ cup zucchini, chopped
¼ cup sun dried tomatoes

Combine 2 cups of tomatoes and 1 cup of bell pepper with sun dried tomatoes and zucchini in the blender. Blend well. Place remaining diced tomatoes and bell peppers into four serving bowls, then pour blended mixture on top. Serve immediately.

Optional: For a more authentic, "chili" taste, you may add ¼ teaspoon cumin and ¼ cup of diced onion. Try it first as is, then add if you would like… enjoy.
[Janee said to blend the tomatoes, red bell pepper and zucchini first and then the sun dried tomatoes.]

- Thanks to Jan Jensen

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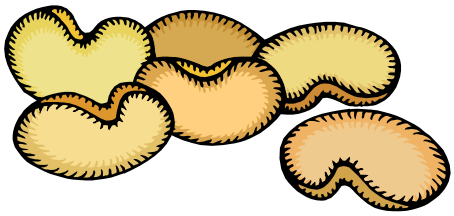
Holy Frijoles (Refried Beans)



2 cups sprouted rye: Rejuvelac pulp
1 apple
1 Red chili
2 tsp Mexican seasoning
1 tsp garlic powder
1 tsp cumin powder
1 tsp Celtic salt

Mix all ingredients together.
- Contributed by Jan Jensen

Squash Noodles with Pesto Sauce

- Feeds 2 hungry people

Ingredients

1 medium spaghetti squash
2 cloves garlic, peeled
2 tablespoons cold-pressed olive oil
½ cup walnuts, coarsely chopped
2 cups fresh basil leaves
sprinkle lemon juice, to taste
sprinkle cayenne or crushed red pepper, to taste

Preparation

Cut the spaghetti squash in half width-wise, and remove seeds. Using a fork, scoop the inside of the squash, forming thin strands (if they stick together, use fork to separate).

In a blender or food processor, puree the basil, garlic, olive oil, walnuts, and cayenne (add a few kale leaves for an extra boost of greens).
Pour on top of the spaghetti squash, mix it up, sprinkle on some lemon juice and serve.

Sounds good. Eat and enjoy!

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Raw Couscous by Raven

Raven just invented a new kind of couscous!
Cut up some cauliflower and pulse it in the food processor down to couscous sized bits (about half the size of a grain of rice).

Now you have a base that is a lot like rice, or almost exactly like couscous, and that you can flavor the way you would a rice dish. We put olive oil, garlic, salt, paprika, leeks and thinly sliced celery on it.

Delicious!! And there are a thousand different ways to vary this dish! Small food processors are available at any home store for as little as $35 and can make your raw vegan lifestyle a lot easier - and tastier too!

Enjoy! Jinjee
TheGardenDiet.com

Asparagus with Cream Sauce

1 pound young Asparagus
1 C. Red Bell Pepper
½ C. Celery
Celtic Sea Salt to taste (optional)
1 Tbsp. Parsley
Leaf Lettuce

Cut Asparagus into 1-inch pieces, Mince Parsley, Dice Celery and Red Pepper into small pieces.

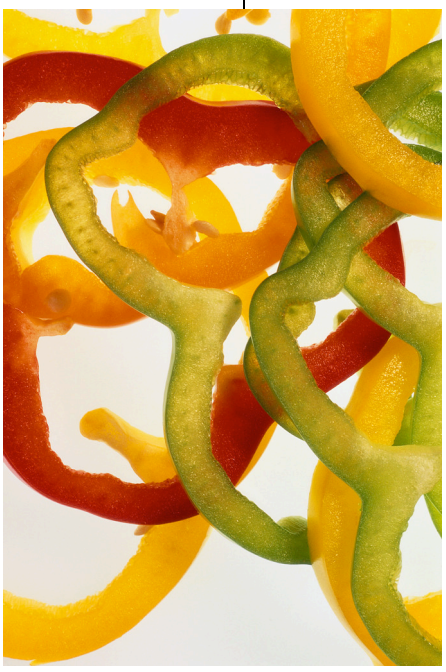
Combine Asparagus, Celery and half of the Pepper in a bowl.

Toss to mix.

Pour over one recipe of Almond – Sunflower Seed Sauce.

Garnish with the rest of the Red Pepper and minced Parsley.

Serve on a bed of Leaf Lettuce.



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Oatmeal

Soak steel cut oats and raisins overnight.
For each person allow ½ cup of dried oats and
1 tablespoon raisins in 1 cup of water.
Put in blender with an apple or pear.
Add cinnamon to taste.

Serve with any or all of the following:
Dehydrated raisins or apricots or both
Pine nuts
Raw honey
Sesame mylk
Almond mylk
To make mylk:
1 cup hulled sesame seeds (grind in coffee grinder, then you do not have to strain the mylk)
2 ½ cups water

Blend well

Granola

Yields 12 cups
5 c. sprouted buckwheat
1 c. sprouted sesame seeds
1 c. sprouted pumpkins seeds
1 c. soaked sunflower seeds
1 c. soaked millet
1 c. soaked almonds
2 diced apples
1 c. honey
3 c. water
1 Tablespoons vanilla ext
1½ Tablespoons cinnamon
2 tsp nutmeg
1 c. raisins

1. Core and dice apples.
2. Whisk honey, water, vanilla, cinnamon, and nutmeg together in a large mixing bowl.
3. In a food processor grind almonds coarsely and empty into large mixing bowl.
4. Add all sprouted and soaked seeds to mixing bowl.
5. Mix well, covering all ingredients in honey water.
6. Soak for 3 hours.
7. Spread onto teflex sheets.
8. Dehydrate at 105 degrees for 12-15 hrs. Granola will be dry and crunchy when done.
9. Enjoy with nut mylk, yogyrt, and fruit

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Poor Man's Bread

Watercress is one of the oldest eaten leaf vegetables. It's a mustard relative that delivers a slightly bitter but forthright peppery bite and gets its name because of where it grows: in or near water.

The long root system of watercress sends out shoots that creep along the bottom of ponds and springs, fostering hollow stems that rise above the water's surface to bear dark green, nutritious leaves.

Their antioxidant and phytochemical powers have long been recognized in Europe, North Africa, and Asia. In England during the early 19th-century, it was first commercially grown for its historical medicinal value and soon became a staple of the working class diet.

Packaged in bunches, it was eaten like ice-cream from a cone or between bread in a sandwich for breakfast. If families were too poor, they ate watercress by itself.

Thus it became a wholly different kind of bread.

- Thanks to goodnessgreeness.com

Marinated Green Beans

- From *Recipes for Life*,
by Rhonda Malkmus

1 lb. green beans
1 garlic clove
½ tsp. dried rosemary
¼ cup fresh basil
1 TB extra virgin olive oil
2 TB onions
2 stalks celery
1 C tomato
Juice of ½ a lemon
Bragg Liquid aminos to taste

Wash and remove ends from beans, slice lengthwise and then diagonally into 1 inch pieces chop tomato, dice celery, and mince garlic and basil. Combine with other ingredients and marinate 1 hour before serving.

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Pizza Cheese and Sauce

Pizza Cheese

Blend until creamy:
3 cups soaked almonds
½ cup olive oil
Juice of ½ lemon
1½ cups water
2 teaspoons salt

Ferment for 18-20 hours in a seed cheese bag.

Putanesca Sauce

7 ripe tomatoes
2 red or yellow bell peppers
1 medium red onion
2 cloves of garlic
½ cup fresh parsley
½ cup fresh basil

Blend:
2 tomatoes
10 pitted olives
½ cup olive oil
¼ cup lemon juice
1 cup raisins
2 tsp. salt
Dash of cayenne
2-3 Tablespoons Italian seasoning

Chop:
5 tomatoes and 2 peppers into small cubes and place them in a bowl.
Dice garlic and red onion.
Add to the tomatoes and peppers.

Chop parsley and basil and add them to the mixture of vegetables.

Blend:
2 tomatoes, olives, olive oil, lemon juice, raisins, salt, cayenne and Italian seasoning until creamy.

Pour over vegetable mixture.
For best flavor marinate for 24 hours.
Marinated portabellas are an excellent addition.

Spread on a soft Flax Cracker crust for the full Pizza effect.

Fresh Tomato Pasta

4 zucchini
20 cherry tomatoes halved
4 sundried tomatoes soaked
1 tsp Himalayan crystal salt
1 tsp dried or fresh basil
1 clove garlic minced
4 Tbs olive oil
½ red bell pepper diced
Cut zucchini into thin strips.
Dice sundried tomatoes.

Mix zucchini, cherry tomatoes, sundried tomatoes, garlic, salt, basil, olive oil and bell pepper.
Toss well.

- contributed by Jan Jensen

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Lasagna

Best made one day in advance.
One pan 9.5" X 13" X 2" - (3 quarts)
Serves 8-10

Ingredients:
5-6 zucchini
3-4 Cups coarsely chopped Mushrooms (sliced portabellas or baby bellas instead, if desired)
6 Cups Spinach, packed, roughly chopped

Cheese:
4 Cups Sunflower pâté(recipe below)
Use water in place of ½ of the lemon juice.
Marinara Sauce (recipe below)
Cheesecloth (culinary usage)

Preparation:
Thinly slice zucchini long way.
Marinate 1-2 hours in olive oil, water and lemon juice.
Completely cover bottom of pan twice.
Double layer cheesecloth in pan, place 6 inches cheesecloth
hanging out on all sides. .

Assemble the Lasagna:
Lay cheesecloth down first.
Pat dry marinated zucchini. Fit close together, so covers bottom of pan.
Pour small amount marinara sauce over zucchinis.
Spread ½-mushrooms in layer.
Spread ½-pâté layer over mushrooms.
Spread ½-chopped spinach over pâté, press.

Repeat the steps:
Zucchini slices
½ of the remaining marinara sauce
remaining mushrooms
remaining pâté
remaining spinach-press
remaining marinara (add chopped tomato and
basil to top, if desired)
Cover tightly with plastic wrap and refrigerate.

Marinara Sauce:
Serves 8-16
2-3 cups Sun Dried tomatoes, soaked 2 hours in water
8-10 fresh tomatoes
parsley, onion, garlic
fresh basil, oregano
sea salt, olive oil

Cut and blend tomatoes in blender. 3 cups of pureed tomato.Drain sun dried tomatoes (save liquid to thin sauce later, if needed); add enough to tomato puree until mixture is thick.
Add garlic, onion, a little olive oil, parsley, fresh basil, sea salt, oregano, to taste, (add chopped olives if desired).

- from the Creative Health Institute kitchen

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Victoria's Raw Vegan Lasagna

- Here's a real Raw Vegan Gourmet treat, from Victoria Boutenko of RawFamily.com

CHEESE: (Start 8-12 hours ahead of assembly time)
Blend:
2 cups soaked cashews or almonds
1 Tbs lemon juice
Enough Rejuvelac to make a fairly thin paste

Put in a bowl, cover with a cloth and let sit out 8-12 hours so that it ferments.

After fermentation add:
2-4 Tbs raw Tahini
2 Tbs miso (raw light or dark)
2 cloves of garlic, pressed
Red pepper (cayenne if you want it spicier)

Do not refrigerate.

RED SAUCE: (Start at least 2-3 hours ahead of assembly time)

Blend:
4-6 dates soaked 2-3 hours (do not pour the water off)
2 cloves of garlic
2 heaping Tbs soaked basil or ¾ cup of fresh basil
2 cups of sun-dried tomatoes.

Cover tomatoes with water and soak, adding enough water to keep them covered until soft.

MARINADE:
Blend:
¾ tsp of thyme, oregano & basil
¼ tsp ground mustard (grind it in a coffee grinder)
¼ tsp Celtic Salt
1/8 tsp Cayenne or ground up hot red peppers
¼ - ½ cup (depending on taste) Olive Oil
¼ - ½ Tbs lemon juice (commensurate with Olive Oil)

Refrigerate to marinate.

BODY: (Start from 2 hours to a day ahead of time)
Pour marinade over 3 - 4 zucchinis sliced very thin (can use a Saladacco or carrot peeler to slice).

Let sit from 2 hours to all day.
Drain in colander.
Take one bunch of spinach (1 pound size) and use only the leaves.
Use the drippings from the colander filled with the zucchini to coat the leaves.

ASSEMBLY of the Lasagna:
Layer ½ of the zucchini on the bottom of a 9" x 13" pan.
Spread the cheese on top of the zucchini.
Cut up enough Portobello or other large mushrooms to form the next layer.
Layer on the rest of the zucchini.
Pour on ½ of the red sauce.
Layer on the spinach which was marinated in the zucchini drippings.
Pour the rest of the red sauce over the top using a spatula.
Top with remainder of the mushrooms and some black olives for decoration.

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Cold Black Ink Linguini with Spicy Sesame Sauce

1 package of hijiki, (soaked 30 minutes),
2 scallions chopped,
1 cup broccoli chopped

Mix together, set aside, and prepare sauce.

Spicy Sesame Sauce
½ cup sesame seeds,
½ cup almonds,
1 t. minced ginger,
1 t. minced garlic,
1 T. nama shoyu,
1 T. miso,
½ lemon juiced,
¼ t. cayenne,
2 dates soaked,
¼ cup water

Blend until creamy, pour over salad.
- contributed by Jan Jensen

Sweet Potato Dish

Sweet Potatos
Peeled & cut into squares
Filtered water
Psyllium powder
Cinnamon
½ lb. apricots and mango

Puree all together and add honey (transitional) to sweeten

Whipped Sweet Potatoes

- From Chef Chad Sarno

1½ c sweet potatoes peeled and chopped
1½ c pine nuts
¼ c leek chopped
2 T onion powder
3 T flax oil
¼ c filtered water
½ T Celtic salt
2 T dried parsley

In food processor combine all ingredients and blend until smoothest consistency.
Continue by pouring mixture in a high speed blender and blend until completely smooth.
Adjust salt.
Serves 4

- Contributed by Jan Jensen

Sweet Potato Medley

Grate Sweet Potatoes
Salt to taste (transitional)
Add flavored Coconut and Raisins
Mix and Eat

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Jicamashed Potatoes

Ingredients:
4 cups jicama, chopped
1 avocado, chopped
2 cloves garlic, chopped
1 teaspoon Celtic salt

Directions:
Blend in food processor and top with Mushroom Gravy

- Contributed by Jan Jensen

Pat's Mashed Potatoes

3 Cups chopped cauliflower
1 Cup cashews
½ Cup fresh-squeezed lemon juice
½ Cup fresh thyme, chopped
1 Tbs minced garlic

Place all ingredients in a blender using a little lemon juice.
If you have a Champion Juicer, use it instead.

Pat's Gravy

¼ Cup miso
1 Tbs red wine
½ Cup chopped onion
1 minced shallot
1 Tbs minced garlic
¼ Cup fresh-squeezed orange juice or carrot juice
1/3 Cup olive oil
1 Tbs maple syrup
1 tsp jalapeno
1 Tbs Nama Shoyu – or Bragg's
1 Tbs minced ginger
1 tsp apple cider vinegar
½ tsp sesame seed oil (sub olive oil)

Combine all ingredients in a blender and blend until creamy.
Makes about 3 cups of gravy.

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Mashed Avocado

1 avocado, mashed up
1 tomato,
1 zucchini, peeled/sliced into noodles
Mash up avocado.
Chop tomato up.
Peel zucchini, slice into noodles use potato peeler, chop up noodles in pieces.
Mix in all ingredients.
Add dried herbs. Use Tarragon, Oregano, Cumin, and/or Thyme, also add a sprinkle of Unrefined Sea Salt if desired.

- Contributed by Jinjee of TheGardenDiet.com

Alligator Eggs

6 Avocados
2-3 cups grated carrots
1 med onion (Diced)
3-6 clove garlic (minced)
2-3 lemons juiced
Pinch cayenne
Braggs to taste

Cut Avocado in half – remove avocado from shell - save shell
Mash avocado to semi – smooth consistency (lumpy)
Mix all ingredients together – (Do Not Blend in Vita Mix)
Spoon into half shells – Top with a pinch of cayenne

Serve and enjoy!

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Stuffed Peppers

1 cup alfalfa
1 cup lentil sprouts
½ medium avocado, mashed
1 teaspoon tamari
4 green or sweet red peppers, hollowed out

Mix sprouts, avocado, tamari, and lemon juice together in a bowl.
Stuff mixture into hollowed out peppers and serve on a bed of alfalfa sprouts.

Really Raw Wraps

Tired of salads? How about a burrito! If you are looking for a crowd-pleasing meal, this is the one! For best results, dehydrate shells the night before you plan to use them – fill with salads and your favorite dressings or dips.

Blend, adding water to create a smooth batter:
½ ripe Avocado or olive oil
Juice of ½ Lemon
1 c ground Golden Flax Seeds (regular brown flax works just as well, but golden flax makes lighter wraps)
Celtic Sea Salt to taste
1 – 2 c Water
½ large onion
Fresh herbs (e.g. pizza seasonings, basil, parsley, sage)
Red pepper (optional)

Spread batter evenly on teflex sheets to a thickness of about ¼". You can make round or square wraps. The thinner your wrap, the less time it will take to dehydrate, but you don't want to make them too thin or they will easily break or become too dry in the dehydrator.
Dehydrate at 105° for 6 hours or until wraps are soft and flexible – remove before they become crisp. If you flip the wrap after 2-3 hours and remove the teflex sheet, you can cut drying time down to 4-5 hours.

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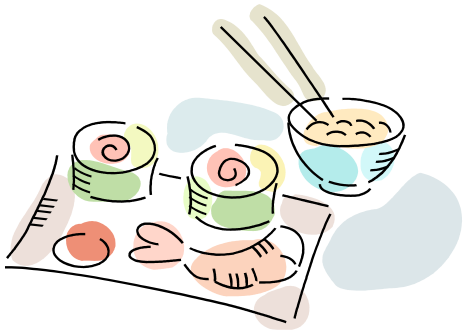
Nori Rolls and Dip



Blend the following with water to make a pumpkin seed pâté:

2 cups pumpkin seeds – soaked 1 hour
8 cloves of garlic
1 large onion
Braggs or Shoya – to taste

Cut the following into long strips (The quantity of each will depend on the number of Nori Rolls you make and which ingredients you like the most):

Celery (leave the full length, but cut in 4 strips cut the full length of each celery)
Red bell pepper
Yellow bell pepper
Cucumber
Avocados
Scallions – 1 for each roll
Lettuce or sunflower sprouts

Lay the nori sheet flat and spread with pumpkin seed paté or ½ an avocado.
Put a celery slice on the nori sheet and other vegetables.
Roll up the sheet and wet the end of the nori sheet with water or lemon so that it will stick to the nori roll.
Using a sharp serrated knife, cut in 1” pieces.

Dip:
Amount needed will depend on amount of Nori sheets you are serving. Season to taste using the following ingredients:
Braggs
Olive Oil
Scallions
Chili Powder

Mix well and often to keep blended.
Also, nori rolls can be served with wasabi (which is spicy).
Another great condiment is thinly sliced ginger soaked in apple cider vinegar.

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Almost Turkey

2 C. Almonds
2 C. Celery
2 Medium Tomatoes
2 C. Carrots
1 C. Zucchini
1 C. Yellow Squash
¼ tsp. Sage
1 Tbsp. Fresh Parsley
½ tsp. Kelp
2 Tbsp. Flaxseed Meal
Lecithin
Leaf Lettuce

In a blender or food processor, grind 1 C. Almonds into meal and
grind 1 C. Almonds into Almond Butter in your Champion or Green Power Juicer.

Peel and dice Tomatoes into small pieces. Shred Carrots, Squash, and Zucchini. Cut ½ of the Celery into 1-inch pieces and juice; dice the other ½ of the celery fine.

Combine all ingredients, making a stiff dough-like consistency. Add more ground Almonds or Flaxseed if the dough is too thin.

Press mixture into a Lecithin lined pan or turkey mold and chill.
Serve on a bed of Lettuce, garnished with cherry tomatoes and carrot slices.
Serve with cranberry sauce.

Almond Stuffing

- Makes 4 servings

2 cups almonds, soaked 8-12 hours, drained, and rinsed (about 2 ½ cups after soaking)
1 apple, cored and chopped
2 cloves garlic, crushed
½ yellow onion, chopped
4 stalks celery, diced
2 tablespoons ground golden flax seeds
1 tablespoon olive oil
2 teaspoons tamari
½ teaspoon sea salt
2 tablespoons poultry seasoning

Place the soaked almonds in a food processor and process until smooth. Add the apple, garlic, and onion and pulse briefly, to incorporate and chop slightly.
Remove the almond mixture to a mixing bowl and add the celery, ground flax, olive oil, tamari, sea salt, and poultry seasoning.
Mix well.
Crumble the stuffing onto a dehydrator mesh sheet (no teflex needed) and dehydrate at 105 degrees F for 5 hours.
Stored in a sealed container in the refrigerator, Almond Stuffing will keep for five days.
Serve garnished with cranberry relish.

- This recipe comes from Jenny Cornbleet and Living Light Culinary Art Institute.

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Mock Turkey Dinner with All the Fixings

A Complete Thanksgiving Dinner - all RAW, of course!
(There's a raw substitute for every flavor and food!)

Mock Turkey:
6 cups of walnuts
5 stalks of celery
2 lg. carrots
1 med. yellow onion
2 cloves of garlic
¼ cup flaxseed oil
¼ cup dry sage
2 Tablespoons thyme
2 Tablespoons rosemary
½ cup fresh parsley
¼ cup of miso and 2 tsp. sea salt
1 Tablespoons poultry seasoning (optional)
1 Avocado

In a food processor or in a champion juicer - homogenize walnuts, miso, and flaxseed oil. Place in a separate bowl.

In a food processor chop celery and add to bowl.
Chop carrots in a food processor and add to bowl.
Chop onion in a food processor and add to bowl.

Add chopped garlic, sage, thyme, rosemary, chopped parsley, and poultry seasoning.

Add mashed avocado and mix everything together by hand. Mold onto a nice platter and garnish with rosemary and thyme sprigs.

Mock Mashed Potatoes:
1 head of cauliflower
3 cups of macadamia nuts
Salt and pepper to taste

Place all the ingredients in a food processor and blend. Add salt and pepper to taste.

6 sweet potatoes (yams)
½ cup raw honey
½ cup coconut butter
Soak sweet potatoes overnight. Pour off water.
Place all ingredients in a Vita Mixer with as little water as possible and blend into a cream.
Spread in a rectangular 2" deep Pyrex dish.

Whipped Topping:
2 cups macadamia nuts
10 dates
2 Tablespoons vanilla extract
2 tsp. ginger powder 2
2 tsp. cinnamon
½ tsp. nutmeg
¼ tsp. cardamom
A pinch of cloves and allspice

Blend in a Vita Mixer with as little water as possible to make a cream.
Spread on the top of the sweet potatoes.

Sugar and Spice Cole Slaw:
1 Lg. head of green cabbage
5 carrots
5 stalks of celery
1 med. red onion
½ cup raisins
1 pear
1 cup of walnuts
2 tsp. celery seed
1 Tablespoons cardamom
Shred the cabbage and put in a bowl.
Chop carrots in a food processor add to the bowl.
Chop celery in a food processor add to the bowl.

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Chop onion in a food processor add to the bowl.
Mix the additional ingredients together.

Dressing:
1 cup of Tahini
2 cups of apple cider
10 soaked apricots
1 whole lemon
Dash of salt

Blend all the ingredients in a Vita Mix.
Add to Slaw and mix.

Apple-Butternut Squash Soup:
10 apples
1 Lg.butternut squash
2 oranges
1 lemon
1 med. red onion
3 cups of almond mylk
1½ cups of pumpkin seeds
Bunch of Parsley
¼ cup dried tarragon
2 tsp. cloves
Pinch of salt
Pinch of cayenne

Blend cored apples, butternut squash, oranges, lemon, and almond mylk in a Vita Mix.
Add pumpkin seeds, chopped parsley, chopped onions, tarragon, powdered cloves, salt and cayenne to taste.
An easy soup that is delicious and satisfying.

Now isn't THAT a nice alternative for the Holidays? Enjoy!

Noasted Turkey

Hello Jim,

I thought you might appreciate this photo of our "Noasted Turkey with Marinara Sauce/Gravy" (Alissa Cohen/Living On Live Foods). We also had cranberry sauce (Rhonda Malkmus/Recipes for Life), and Parsnip-Pine Nut Whip (GoneRaw.com).

Even the real roasted turkey crowd liked it. It's amazing how people find it almost impossible to imagine anything new - until they see others enjoying it!

- Paul Murray

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Essene Bread

"How could we cook our daily bread without fire, Master?" asked some with great astonishment.

"Let the angels of God prepare your bread. Moisten your wheat, that the angel of water may enter it. Then set it in the air, that the angel of air also may embrace it. And leave it from morning to evening beneath the sun, so that the angel of sunshine may descend upon it.

“And the blessing of three angels will soon make the germ of life to sprout in your wheat. Then crush your grain and make thin wafers, as did your forefathers when they departed out of Egypt, the house of bondage.

“Put them back again beneath the sun from its appearing and when it is risen to its highest in the heavens, then turn them over on the other side that they be embraced there also by the angel of sunshine and leave then there until the sun be set..."

Edmond Szekely, trans. - *The Essene Gospel of Peace*

Notes

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Notes & New Recipes

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Soups

Salad Soup

Head of Romaine

2 Big handfuls of Sunflower sprouts
5 stalks of celery
2 lg. Tomatoes
1 Cucumber
1 Pepper
1 Lemon
1 Avocado
Add chopped onions after blended

Parsnip-Avocado Soup

1 large parsnip, grated
1/2 water or celery juice
1 large stalk peeled celery,
1/4 cut up avocado
1 squeeze of lemon juice
1/2 teaspoon sea salt (to taste)
1 sprinkle of parsley

Blend parsnip and liquid until smooth. Add remaining ingredients, blend until smooth.

Italian Green Pea and Basil Soup

3 1/2 cups frozen baby or regular green peas
1 cup fresh basil leaves, roughly torn, plus extra for garnish
4 cups vegetable broth
2 yellow or Vidalia onions
1 carrot, chopped
1 celery rib
1 clove garlic, finely chopped
5 tablespoons extra virgin olive oil
1 dash-Sea salt and pepper, to taste

Directions:

Heat olive oil in large pot and add onions, celery, carrot, and garlic. Cover pot, cook over low heat about 10-15 minutes or until vegetables are soft. Stir occasionally to keep vegetables from sticking to base of pot.

Add peas and vegetable broth to pot and bring to boil. Reduce heat; add basil, sea salt and pepper. Simmer for about 10 minutes.

Process soup in food processor or strong blender a few minutes until smooth. Put in bowls, top with a few basil leaves, serve immediately.

Goes well with a whole grain baguette and avocado slices on the side. (SKIP the bread - GO for a whole or 1/2 avocado per person!) (4 servings).

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Crème of Tomato Soup

2 cups of thick sunflower mylk
8 medium tomatoes
1 small red onion
2 cloves of garlic
½ cup chopped parsley (added after blending)
A bunch of basil
1 Tablespoons Raw Honey
A pinch of cayenne
Half of a whole lemon
2 Tablespoons Dulse
A pinch of salt

Tomato Avocado Soup

20 Tomatoes with seeds taken out
3 Avocados
2 cups of Carrot juice
3 cloves of garlic
1 whole lemon with peel
5 stalks of Celery
1 Cucumber
Pinch of Cayenne

Add Chopped:
Parsley
Basil
Rosemary
Cucumber
Onion
Pepper
Sesame seeds
Salt

Butternut Squash

1 Butternut Squash
¼ cup of coconut butter
½ of a lemon (peel and all)
½ medium red onion
2 medium green apples
2 tsp cinnamon
1 tsp nutmeg
½ tsp cloves
½ tsp allspice
A pinch of salt
A pinch of cayenne

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Absolute Mango

2 cups freshly-squeezed orange juice
2 cups mango flesh
2 cups mango, diced

Blend the orange juice with 2 cups of mango flesh.
Pour mixture into a bowl and add it the diced mangoes.
If desired, decorate with slices of lime.

Raw Carrot Soup

6 large Carrots
¼ cup raw Sweet Onion
1½ cups raw Almonds (soaked overnight and drained)
1 large rib of Celery
½ Red Bell Pepper
¼ teaspoon Paprika
½ teaspoon Thyme
Celtic Sea Salt to taste, if desired
3 cups Distilled Water

Combine all ingredients in a blender and process until creamy.
Serve immediately.
Can be garnished with fresh or dehydrated chives.

- Contributed by Jeri Wilson

Creamy Carrot Soup

4 Large Carrots
12 Sweet Onions
2 Cloves Garlic
1 C. Spinach
1 tsp. Celtic Salt
1 Tbsp. Cumin
3 C. Filtered Water

Blend in Vita Mix until smooth.

Carrot Juice Soup

1 cup celery juice
2 cups carrot juice
1 cup carrot pulp
½ avocado
1 small handful dill, or cilantro
2 medium tomatoes, chopped
1 cup vegetables of your choice (cucumbers, peppers, etc.)
½ avocado, pieces (optional)

Juice carrots, save 1 cup carrot pulp
Blend juice with avocado and herb (substitute dill or cilantro) together.
Stir in remaining ingredients by hand.

Note:
This soup will give you a reason to use that juicer you haven't used in months.

- Contributed by Jan Jensen

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Traditional Raw Carrot

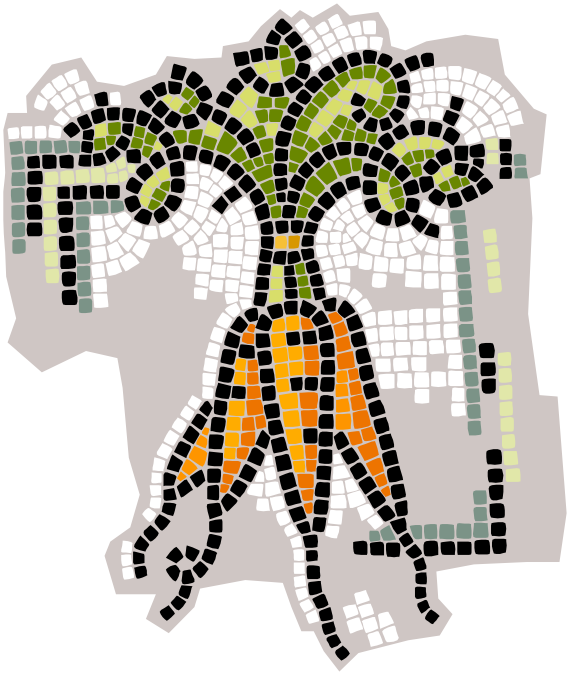
Soup/Dressing

An old standby in raw cuisine, carrot soup is nourishing and easy to make.

Even if you do not own a juicer, you can buy fresh made carrot juice at juice bars and at many health food stores.

This recipe calls for pouring the soup over chopped sprouts and other vegetables. Alter this to suit your family's taste.

Two variations of this soup follow:



1 cup carrot or mixed carrot and vegetable juice
½ - 1 avocado
Cumin, to taste
dash of sea salt
dash of lemon juice
optional: garlic or shallot to taste

Cut up avocado.
Place carrot juice in blender.
Add avocado and blend to desired thickness.
Add cumin, salt and lemon juice to taste.
Blend.
Pour over sprouts and chopped veggies in bowl.

Alternative: Eliminate cumin and add 2 teaspoons grated ginger root, (for spice lovers use both cumin and ginger).

Variation: For a nutritious Seaweed Carrot Soup: Double the recipe and add ½ cup dulse pieces and ½ cup clover, alfalfa or sunflower sprouts, blend.

- Contributed by Jan Jensen

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Creamy Carrot Asparagus Soup

Soup/Dressing/Sauce

This could be called the king of soups. The fiber in the asparagus creates a delightful texture, and the Tahini gives it a smooth quality. Do not use the woody ends of the asparagus; chop only the most tender part, about 2" from the end. For extra zip, stir in ½ teaspoon wasabi powder.
1 cup cut up asparagus, or more to taste
1 cup carrot juice
2 heaping tablespoons Tahini (or almond butter)
1 teaspoon cut up onion, or more to taste
A pinch of sea salt (ora few drops of nama shoyu or Bragg's or dulse flakes)
In a blender, blend first five ingredients into a smooth consistency.
Taste and adjust flavors.

Pour into serving bowl and top with Dulse flakes.
Yields approximately 1½ cups.
Serves 2.

Super Mineral Soup

1 Cucumber
4 Stalks of Celery
Handful of Parsley
Bunch of Watercress
Bunch of Arugula
2 Tomatoes
2 Handfuls of Baby salad mix
1 Avocado
½ of a medium red onion
1 clove of garlic
¼ cup of extra virgin olive oil
Juice of one lemon
½ cup of Dulse

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Curried Squash and Fennel Soup

4 cups butternut squash, peeled and chopped
2 cups baby peeled carrots, chopped
6 stalks celery, chopped
2 bulbs fennel, chopped
1 apple, peeled and chopped
1 clove garlic, chopped
1 inch piece of ginger, peeled and minced
½ cup of raw Tahini
½ cup of extra virgin olive oil, cold pressed
2 T curry powder
1 T cumin powder
2 t Celtic sea salt, fine ground
cumin seeds, lime wedges, and cilantro sprigs for garnish

In food processor pulse each of the first 5 ingredients, and then combine in large mixing bowl.

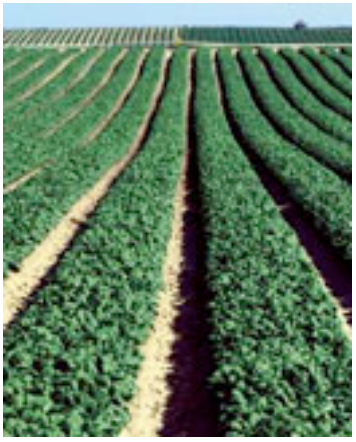
In blender, add ginger, garlic, curry, cumin, olive oil, and Tahini.
Blend (add water if necessary).
Combine in mixing bowl with vegetable mixture.
Add sea salt, mix well.

In batches, fill blender ¾ full and liquefy.

Serve soup slightly warm (not above 105 degrees).

Garnish soup bowls with a sprinkle of cumin seeds, a sprig of cilantro and a squeeze of lime juice.

- Contributed by Jan Jensen



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Generic Raw Chowder

[This recipe is one of my favorites – Jim Carey.]

Blend for 1 minute in Vita Mix or 2 minutes in a regular blender:
1 cup coconut with
1 cup of water

Add and blend for ½ minute:
1 cup cashews

Add the following and blend well:
1 cup water
½ cup olive oil
1 teaspoon honey
1 cup chopped celery hot pepper to taste
2-5 cloves garlic

Now you have plain chowder.

Pick the flavor:

For clam-chowder taste add: dulse flakes
for broccoli: chopped broccoli
for mushroom: your favorite mushrooms, dry or fresh
for tomato: chopped tomato
for carrots: grated carrots
for corn: cut corn off the cob or use frozen corn
for pea: fresh or frozen peas

Sprinkle with dry parsley flakes before serving.

Note: This soup may become warm because of blending. It's still raw. (Just don't let it become hot!)

Warm soups are comforting in the cold winter time.

-thanks toVictoria Boutenko of RawFamily.com

Corn Chowder

3-4 cups corn, cut from cob (about 4 large ears)
2 cups almond mylk
1 avocado
1 teaspoon cumin
2 teaspoons finely minced onion
½ teaspoon sea salt (transitional)

Blend well.
Top with additional corn kernels, sprouts or diced red pepper bits.

Serves 4

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Gazpacho

From *The Moosewood Cookbook*
- by Mollie Katzen

20-30 minutes to prepare, 2 hours to chill.

4 cups cold tomato juice
1 small, well-minced onion
2 cups freshly diced tomatoes
1 cup minced green pepper
1 tsp. honey
1 clove crushed garlic
1 diced cucumber
2 scallions, chopped
Juice of ½ lemon and 1 lime
2 Tbsp. wine vinegar
1 tsp. tarragon
1 tsp. basil
Dash of ground cumin
¼ cup fresh parsley, chopped
Dash of Tabasco sauce
2 Tbsp. olive oil
Salt and pepper to taste

Combine all ingredients and chill for at least 2 hours.
You can also puree if desired.

This is GREAT for hot summer days! No cooking - just dig out your blender! Play around with ingredients...! (Personally, I'd use zucchini in place of cucumber and/or add an avocado to make it creamier!)

Makes 6 servings

- Contributed by Jan Jensen

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Butternut Squash Soup

1½ cups water (½ apple juice or mango or apricot juice works too!)
2 cups butternut squash, diced
4 ribs of celery
2 Tablespoons Tahini
2 green onions
½ cup fresh basil
½ tsp. sea salt
½ tsp. paprika
Blend the water and half of the butternut squash. Add progressively the other half as well as the rest of the ingredients and blend. This is a sweet soup that will surprise more than one. It is ideally made using a heavy-duty blender such as the Vita Mix.

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Cakes

Lemon Cake with Frosting

Cake layer:
1 cup ground almonds
1 T olive oil
2-3 T agave
½ - ¾ cup chopped dates, soaked for 1-2 hours
1 teaspoon vanilla
½ cup coconut flakes
peel from 1 lemon, grated

Combine the ingredients in a food processor, mixing well. If mixture is not firm enough, add psyllium husk, or shredded coconut. Form into a cake shape on a plate.

Topping:
1 c cashews, soaked
2-3 T agave
juice of 1 medium lemon
1 teaspoon vanilla
Water as needed (remember to keep it thick like frosting -- chill first if needed to thicken)

Soak cashews for about 4-8 hours. Drain and rinse. Put in a Vita Mix blender with salt and agave and blend using the plunger to keep it moving. Add enough water to make the consistency like thick frosting.

Spread evenly over the crust. Decorate with fruits, berries and nuts.
Chill.

Serves 12

Thanks to Schall at www.thehealingmeal.com

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Raw Carrot Cake

- by Ursula Horiatis

CAKE:
1 pound of carrots
2 cups pineapple
2 apples
2 ½ cup soaked walnuts
2 cup soaked almond
2 ½ cup pecans
2 cup pumpkin seeds
½ tsp cinnamon
1 cup dates
1 cup raisins
1/3 teaspoon pumpkin spice
3 tablespoons psyllium powder

Frosting:
1-2 cup soaked and blanched Almonds
1 cup dates
½ teaspoon cinnamon
1 pinch clove
1 Thai coconut (this is a young coconut, also called a Jelly coconut. It has a soft inside and can be found in Asian markets.)

Decoration:
½ cup miniature carrots or coarsely shredded normal sized carrots
12 to 16 mint leaves

Step 1
Put 1 cup raisins and 1 cup dates in the food processor, mix to a paste
Add soaked almonds and mix.

Then add 2 cup walnuts, 1 cup pecans and pumpkin seeds with remaining spices and mix to a paste.

Put all in a bowl.
Add ½ cup raisins, ½ cup pecans and ½ cup walnuts in food processor and shred to little chunks only (not too fine).

Add to dough in the bowl.

Cut carrots into chunks and shred in food processor until fine.
Add pineapple and apple chunks and mix with psyllium powder.
Add mixture to the dough in the bowl.

Now mix all together by hand and pour into a spring form.

Step 2:

Frosting
Put the remaining dates, blanched almonds and coconut meat from the Thai coconut into a blender, add coconut juice and mix to a cream.
Spread the cream over the carrot cake and decorate with little carrot halves and mint leaves.

Alternative: If you can't get a Thai coconut, use more blanched almonds and water instead. It works as well.
The cake will be ready to serve after at least 2 hours in the refrigerator and keeps fresh for up to 5 days if stored in the fridge.

(Makes 12 to 16 servings)

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Carrot Cake and Frosting

Frosting
2 cups cashews
8-13 medjool dates pitted (not soaked)
vanilla
Blend cashews with water. Add dates (when smooth) until sweet enough.
Add vanilla.

Carrot Cake
½ cup raisins, soaked 20 minutes, reserve liquid
½ cup dried apricots, soaked 20 minutes
2 cups pecans or walnuts
2 tablespoons pine nuts
1½ cups coconut (dried, unsweetened, shredded)
1 teaspoon cinnamon
¼ teaspoon Chinese 5 spice powder
½ teaspoon garam masala or cinnamon
pinch clove optional
pinch nutmeg optional
6 cups carrot pulp-
1½ cups chopped dates

Food processor combine:
pecans, pine nuts, until consistency is fine.
Pulse coconut, until mixed in.
Add spices, pulse until mixed. (Set aside.)

Juicer alternating combine:
carrot pulp,
raisins,
apricots,
dates, until through.

Knead until mixture evenly combined.
Add nut mixture a little at a time, kneading in.

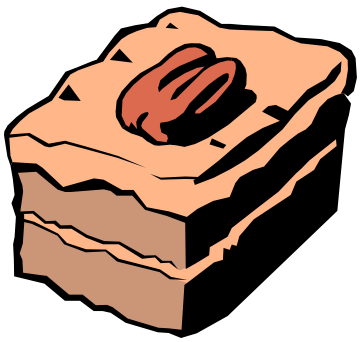
Line 2 round cake pans with saran wrap (oil the pans first).
Put mixture in pans, pack in.

Refrigerate until ready to frost.
Makes 8 cups, or 10-16 servings

- Contributed by Jan Jensen

Cocoa Carob Cake

2 Cups Tahini
3 Cups Shredded Coconut
3 Tablespoons Raw Honey or
½ c Blended raisin puree (soaked 2 cups raisins)
2 -3 tbs Carob powder
Form - Decorate - Refrigerate



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Cleopatra Carrot Cake

1 Cup black mission figs, soaked 1 hour in ½ cup water
2/3 Cup raisins, soaked 1 hour in ½ cup water
1/3 Cup pitted dates, soaked 1 hour in ¼ cup water
2/3 Cup pine nuts
1 Cup walnut pieces
4 Cups finely grated carrots (about 6 large carrots)
1 Cup shredded unsweetened coconut
½ teaspoon ground ginger
½ teaspoon ground cloves

Drain soaked fruit and, if desired, save water from soaking for use in recipes that call for soak water or for use as a liquid sweetener.
Grind figs, dates, pine nuts, 1/3 cup raisins and 2/3 cup walnuts in food processor or through Champion Juicer with homogenizing plate blank).
Place in large bowl.
Knead in all remaining ingredients until well mixed, but do not over handle.

On large platter or tray, mold cake into desired shape.
Frost with Queen Eleanor Crème Frosting.

For best flavor and texture, refrigerate cake 4 hours or overnight before serving.
It can be kept in refrigerator up to 1 week.

Queen Eleanor Crème Frosting

2 Cups pitted dates, soaked 1 hour in 1 cup of water
1 Cup pine nuts
1 teaspoon pure vanilla

Drain dates, reserving water.

Blend dates, pine nuts, and vanilla in food processor or blender for 3 minutes or until smooth, adding a little soak water if necessary. If desired, save remaining soak water for use as a liquid sweetener.

For best texture, refrigerate frosting at least 6 hours or overnight before use. For whiter cake, cover with a layer of moist shredded unsweetened coconut after frosting.

Yield: Enough for 1 cake, 9X12

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Tropical Cheesecake

Source: The Sunny Raw Kitchen

Crust

2 cups of pecans, soaked, dried or dehydrated
12 soft dates
1 dash of salt
Sprinkle of ground cinnamon

Process the ingredients in a food processor until they are crumbly and will hold together. Press the crust mixture into the bottom of a spring form pan and set aside. If you don't have a spring form pan, you can use one of the margarine tubs and line it with saran wrap.

Filling

3 cups cashews soaked for a few hours
½ cup-¾ cup honey or agave
½ cup lemon juice
2/3 cup coconut oil (warmed up in a dehydrator or in a bowl of warm water)
2" piece of vanilla bean (or 1 tsp pure vanilla)
¼ cup of water (or maybe a little more)

Whipped Cream

From a Strawberry Cheesecake recipe that Raw Guru posted on the Sunfood Nutrition Raw Food Lifestyle Forum

1 cup young coconut meat (chopped)
3Tablespoons raw cashews or Mac nuts (soaked for 8-10 hrs.)
5 dates or 1 tbs honey (or more if you like it sweeter)
3 Tablespoons coconut water or almond mylk
½ tsp. lemon zest
Drop of vanilla extract

Blend until smooth

Strawberry Sauce

1 bag of strawberries
¼ cup of agave or honey

Blend until smooth

- Contributed by Mitzie & H. D. Boyles

West Maui, Hawaii

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Cherry or Berry Cheesecake

Crust

2 cups raw almonds
½ cup pitted dates
1/8 cup grated coconut, unsulphured, unsweetened
½ tsp sea salt

Combine all ingredients in bowl of food processor and process using the S blade.
Press into pie plate.

Filling

4 cups raw cashews soaked in water to cover 2 hours and drained
1/8 cup fresh lemon juice
2 bananas
1 tsp ground flax seeds
1/8 cup raw honey, at room temp
1 tsp vanilla

Place all ingredients in food processor and blend using the S blade until smooth and thick.
Pour into crust.

Sauce

2 cups fresh, pitted cherries (or strawberries, blueberries, raspberries, blackberries)
½ cup pitted dates

Place ingredients in food processor blend using the S blade.
Pour over pie.

Top with sliced whatever berry you used and sprinkle with coconut.
Set in the freezer for an hour or more.
Serve frozen.

- Contributed by Jan Jensen

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Walnut Poppy Seed Cake

- from*Dining In the RAW*, by Rita Romano

1 cup Poppy Seeds
2 cups Walnuts
1 cup Dates
2 cups carrot puree
2 tbsp. dried orange peel
1 tbsp. Braggs
2 tbsp. psyllium seed powder

Two cups carrot pureed in juicer.
Chop walnuts up fine consistency in Food Processor w/"S" blade.
Put aside.

Combine carrot puree, remaining ingredients in processor until well blended.
Mix all ingredients together.
Add a little more psyllium if necessary to hold cake together.
Press into Bundt pan and chill to set.

Enjoy!

Notes

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Pies

Applesauce Pie

For a tart pie use firm apples, Granny Smith apples, sweeter pie with softer apples, Fuji, Jonathan gold or Macintosh apples all work well.

Basic Almond Date Crust:
(This crust is a variation: use sunflower seeds or raisins in place of dates)
1¾ cup almonds, soaked 8-12 hours
1½ cup date pieces or chopped dates (see note)
1 tablespoon water
½ teaspoon vanilla (optional)
1 Dash of cinnamon (optional)

Mix almonds and nuts in dehydrator (30-60 minutes) until dry.

In processor, process nuts and almonds, until ground.
Add dates, process until finely ground.
Add water, vanilla, and cinnamon while processing. Crust will
appear damp, holding together, add small amount
water necessary to this get.

Press into pan.

Filling:
10-12 apples peeled, chunk
2 cups dates, pitted (or 1½ cups of roughly chopped dates)
1 cup raisins
2 teaspoons cinnamon
2 tablespoons psyllium husk powder

Put apples, dates and raisins in juicer.
Add cinnamon, sprinkle in psyllium, process until mixed.

Immediately pour in pie shell.
Cover & refrigerate.
Makes 6 cups

- Contributed by Jan Jensen

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Jean's Raw Vegan Banana Cream Pie

Ingredients:
Big Bunch of Bananas
2 Oranges
½ tsp. Vanilla (Raw)
2 Tablespoons Physillium

Peel bananas and cut up enough to fill large pie shell.

Put remaining bananas in blender with oranges, vanilla, and physillium. Blend to pudding consistency.
Mix with cut bananas and pour into pie shell. Serve and enjoy!!!

A word to the wise . . . stop dicing and slicing by hand and invest in a food processor. Jean says every Raw Kitchen should have one. She's been working at Creative Health Institute since '99 - she should know!

PS: It's also great with ground flax sprinkled on top!

Raw Coconut Custard Pie

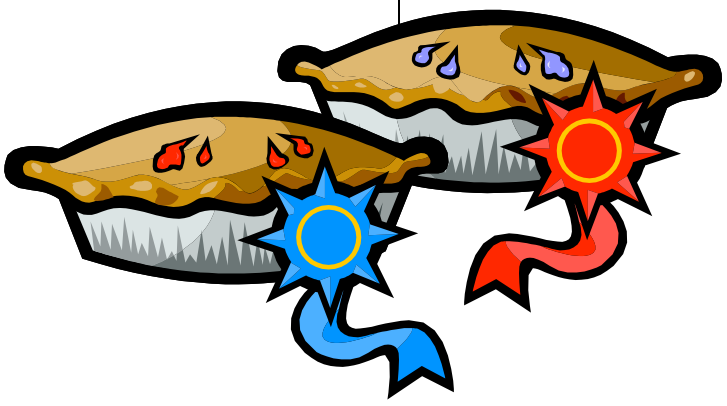
Filling:
2 cups shredded coconut the meat from two young coconuts (optional)
½ cup soaked pine nuts
1 cup soaked cashews
10 soaked apricots
2 tsp coconut extract

Crust:
2 cups soaked almonds
8 dates
½ cup shredded coconut
2 tsp vanilla extract
1 tsp cardamom
Dash of sea salt

1. In a food processor or champion juicer homogenize the ingredients for the crust. Press the mixture into the bottom of a pie plate.

2. In a food processor blend shredded coconut into a coarse meal. Add pine nuts, cashews, apricots, coconut meat, and coconut ext. Blend until smooth.

3. Fill in the crust and garnish with long thin slices of banana and shredded coconut.



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Sweet Potato Pie (Yam Pie)

Basic Almond Date Crust

(This crust is a variation: use sunflower seeds, or raisins in place of dates)
1 ¾ cup almonds, soaked 8-12 hours
1½ cup date pieces or chopped dates (see note)
1 tablespoon water
½ teaspoon vanilla (optional)
1 Dash of cinnamon (optional)

Mix almonds and nuts in dehydrator (30-60 minutes) until dry.
In processor, process nuts and almonds, until ground.
Add dates, process until finely ground.
Add water, vanilla, and cinnamon while processing. Crust will
appear damp, holding together, add small amount water necessary to this get.
Press into pan.

Filling

6 small yams (peeled), cut up Garnet or Jewel yams at your organic market
¾ cup dates (soaked 20 minutes, pit and chunked)
¼ cup raisins (soaked 20 minutes, save water)
½ cup pine nuts (soaked 5-10 minutes, rinse)
1/8 teaspoon Chinese 5 spice powder
½ teaspoon cinnamon
1/8 teaspoon garam masala, cloves or more Chinese 5 spice powder
½ teaspoon vanilla
2 tablespoons psyllium husk powder

Use blank screen and juicer; add yams, then alternate dates, raisins and pine nuts.
Place in processor.
Process well.

Add Chinese 5 spice powder, garam masala and vanilla slowly, the smoother the better.
In 5-6 minutes if not very smooth, add some raisin soak water, process to smooth puree.
Slowly, add psyllium, pour into crust.
Keep refrigerated.
Serve with dollop of nut fluffs.
Makes 4 cups

Alternative

For more intense flavor: soak fruit in juice of 1 orange.
Add: 1 teaspoon orange zest to yam mixture.
Increase spices to
¼ teaspoon 5 spice powder,
¾ teaspoon cinnamon,
1/8 teaspoon garam masala (same),
1 pinch of clove,
1 teaspoon vanilla,
1 pinch of sea salt.

Fluff Topping

Cashews have a natural sweetness, which in combination with dates is delectable. Soaked cashews grind up into a very smooth fluffy mixture. It is a delightful taste to use in place of whipped cream or yogurt, and most agree that it truly tastes better.

Cashew fluff is also used as a base for several other recipes. Most cashews are not raw.

If using almonds, they don't quite give up their mealy texture, no matter how much you blend, but they make a tasty topping and are the most nutritious nut.
For best results peel almonds, (to peel almonds soak 10-12 hours, rinse, pour hot tap water over them), allow to soak one minute, rinse in cool water, skins should slip off.

1 cup cashews, almonds or filberts, soaked 10-12 hours, drained, rinsed.
4-6 soft pitted dates soaked (in ¾ cup water 8-10 hours, save liquid)
½ teaspoon vanilla (optional)

Blend nuts, grind, slowly add date water, until has consistency of whipped cream. Add dates (one at a time), blend until smooth and creamy.
Refrigerate. Keeps for a week.

- Contributed by Jan Jensen

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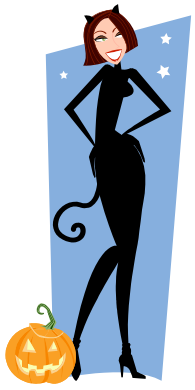
Raw Pumpkin Pie



1 Avocado, peeled and seeded
½ C. Raw Honey
4 Dates soaked in 1 C. Filtered Water
2 tsp. Vanilla
1 tsp. Cinnamon
¼ tsp. Ground Nutmeg
½ tsp. Ginger Powder
1 tsp. Sea Salt
1 C. Raw Macadamias soaked 8 hours and drained
4 C. Raw Pumpkin, peeled
1 C. Organic Raisins
1 tsp. Psyllium
½ C. Pumpkin Seeds, washed, soaked for 8 hours, drained and dehydrated for 6-8 hours
1 Honey Nut and Date Pie Crust (see recipe)

Place Avocado, Honey, Vanilla, Dates with soak water, Cinnamon, Nutmeg, Ginger, Salt, Macadamias, and Water into blender and blend until smooth.
Add Pumpkin and blend until very smooth.
Add Psyllium and blend well. Let this mixture sit for 5 minutes and blend well again.
Fold in Raisins.

Pour into Pie Crust and top with ½ C. Pumpkin Seeds.
Serves 8

Created by Jackie Graff - *Living Food Feasts* from Sprout Café

Jackie Graff Making Raw Pumpkin Pie

Watch Jackie Graff, RN, BSN, on Fox TV's Good Day Atlanta making raw pumpkin pie: youtube.com/watch?v=EdiTeAIFr9U.

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Divine Pumpkin Pie

Filling

1 medium pumpkin
8 dates
3 tsp cinnamon
1 tsp nutmeg
1 tsp ginger
½ tsp cardamom
¼ tsp cloves
¼ tsp allspice
¼ cup of raw honey
3 Tablespoons coconut butter
2 tsp vanilla extract
3 Tablespoons psyllium husks

Crust

2 cups pecans
8 dates
2 tsp vanilla extract
2 tsp cinnamon
1 tsp nutmeg
Dash of sea salt

Frosting (optional)

2 cups of cashews
6 dates
2 Tablespoons raw honey
the juice of one orange

1. In a food processor or champion juicer homogenize all the ingredients in the crust. Take homogenized mixture and press into the bottom of a pie plate.

2. In a Vita Mixer or blender combine all the ingredients for the filling and blend until creamy. The filling should be creamy and semi-firm. The psyllium and coconut butter will thicken the pie as it sits in the refrigerator. Add filling to the crust.

3. In a blender or Vita Mix blend cashew frosting together. Frosting needs to be loose enough to spread over the pie. A little water may be needed.

4. Allow to set in the refrigerator for at least one hour.

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Honey Nut and Date Pie Crust

1 C. Almonds, soaked for 12 hours, drained, and dehydrated for 12 hours
1 C. Pecans, soaked for 12 hours, drained, and dehydrated for 12 hours
1 C. Walnuts, soaked for 12 hours, drained, and dehydrated for 12 hours
1 C. Medjcol Dates, pits removed
½ tsp. Sea Salt
1 tsp. Vanilla Powder
¼ C. Raw Honey

Place Almonds in processor and process until mixture resembles flour.
Add Sea Salt and Vanilla Powder to the Almonds and process well.
Place Pecans, Walnuts, and Dates in food processor and process.
Add Honey to the Nut and Date mixture and process until mixed well.

Press mixture into 8x10 inch glass pie pan

Crust may be made ahead of time and refrigerated or frozen.

Serves 8

Honey Nut and Date Pie, Version 2

1 cup pecans, soaked 12 hours, drained and dehydrated 12 hours
1 cup walnuts, soaked 12 hours, drained and dehydrated 12 hours
¼ cup raw honey
½ teaspoon salt
½ pound organic dates, seeds removed
1 teaspoon vanilla extract

1. Place ingredients in food processor, until begins to form ball.

2. Remove small amounts of piecrust.

3. Press into pie plate.

4. Continue until pie plate is covered. Wrap in plastic until ready to fill. Prepare ahead, refrigerate or freeze until ready to use.

5. May use as is or dehydrate for dryer crust. Put aside some of crust to use as crumbles on top of pie.

Serving Size: 8

- Contributed by Jackie and Gideon Graff

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Basic Almond Maple Crust

1-2 cups almonds, soaked 8-12 hours
3-4 teaspoons maple syrup (transitional)

Soak almonds 8-12 hours, drain, rinse, drain again. Put nuts in dehydrator (30-60 minutes) until dry, or dry with towel.

In food processor add:
almonds until very fine
add maple syrup slowly, enough until almond meal holds together.
Sprinkle, then gently press crust in bottom and sides of pie plate.
Not necessary for crust to be all the way up sides.

Note: This is a very thin crust. If thicker is crust wanted, increase amount of recipe.

- from the book, *The Raw Gourmet, Simple Recipes for Living Well,* submitted by Mary Watson

Notes

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Cookies

Raw Gingerbread

It all began with a desire to replace my son's "healthy" (organic, no junk) gingerbread men with truly healthy ones just a couple of days ago.

As my mind kicked in to try and figure out how this could be possible and with a little search on the web for traditional gingerbread men recipes, Luke and are were soon equipped with all we needed and raring to go to see what we could create.

Fast forward to multiple Gingerbread Men all dehydrated and ready to be gobbled up: Success!

NB: This recipe doesn't have to be dehydrated to taste good or hold itself together, but for the crunch factor, yes, absolutely.

Ingredients

1 cup of golden flax (linseed)
1 cup pecans
3 teaspoons powdered ginger
2 Tablespoons of dark agave syrup
1/8 cup of pure water

Directions

1) Mill the flax seed and pecans together into fine flour. (This is best done in the Vita-Mix dry jug, or by using a coffee mill; a food processor won't get it fine enough on its own).

2) Pour the "flour" - saving just a little back for step 3 - into a food processor adding the remaining ingredients. Process until a dark sticky ball is created.

3) Remove the ball from the processor and lay it out on a flat surface ready for rolling out. This is where you may need to use the flour you held back from step 2 as it might stick to the surface or rolling pin! So lightly coat the board you are rolling on or the mixture itself in a fine dusting of flour and then roll out into flat dough.

4) Using gingerbread men-shaped cookie cutters, cut out your men and either leave plain or decorate, according to your preference. Once finished, you can either eat as a "fresh" version which will be juicy and slightly chewy, or you can move to step 5 where you'll need a dehydrator...

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5) Lay your men out on your dehydrator tray. No protective sheeting is required as the mixture isn't runny. Depending on how crunchy you want your men (!), dehydrate anything from a few hours to 24 hours. The full 24 hours at 100 degrees will give you crunchy men, so long as they are no more than 5mm thick when they go in to dry.

By following this recipe you'll have gingerbread men ready to go in just minutes if you opt for the fresh version. As this is my first conscious foray into making creative raw food for kids, next time around as I tweak the recipe I'll be experimenting with raisin "buttons", chocolate "icing" and goji berry clothing!

Raw Coach's Top Tips:

* If your child doesn't like this recipe (but does like commercial gingerbread men), try making it using a different shaped cookie cutter, or adding decorations, or mixing their favorite raw ingredients in. My experience suggests that kids eat as much, if not more so with their eyes than their mouths! So be prepared to do things a little more differently than you would do for yourself.

* Try tasting them at all different stages of dehydration to see which one you prefer. My favorite is "almost fully dry with just a little bit of softness in the middle." (Make of that what you will!)

Makes 9 small Men.

- From Karen Knowler, Raw Food Coach in England

therawfoodcoach.com/products/50_quick_and_easy_recipes.php

Mint Cookies

2 cups of dried calimyrna figs (soak after measuring)
1 cup of soaked almonds
2 tsp mint ext.
Several fresh mint leaves, shredded

Homogenize figs and almonds in a food processor or champion juicer.
Mix mint leaves and mint ext. with the fig, almond mixture

Form the mixture into cookies and dehydrate at 105 degrees for 10-12 hours

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Apple Spice Cookies

2 cups of soaked almonds
1 cup soaked raisins
5 soaked dates
1 apple
1 tsp cinnamon
½ tsp nutmeg
¼ tsp allspice
¼ tsp cloves
2 tsp vanilla extract

Homogenize all the ingredients in a food processor or champion juicer.

Form into cookies that are the size of a silver dollar and about a quarter of an inch thick. Press shredded coconut on them.

Place onto dehydrator sheets and dehydrate at 105 degrees for 10-12 hours.
You do not want to over dehydrate your cookies. They should still be moist

Cashew Apricot Cookies

2 cups Cashews soaked overnight
1 cup Sweet and sour dried or fresh apricots
1 cup soaked Raisins (small cup)
2 overripe bananas

Blend till the crumby consistency; use a spoon to spoon the batter out on a dehydrator plastic tray. Dehydrate for 24 hours or until dry (do not over dry) at the temperature of 105 F. Turn over 8-12 hours or when you see one side is dry enough.
Follow the above procedures. If you wish to make some variations, then use the above crumby batter, add soaked poppy seeds for CASHEW APRICOT POPPY SEEDS COOKIES or sesame seeds (also soaked) for ... yes, CASHEW APRICOT SESAME COOKIES.

Experiment with your favorite nuts, seeds and fruits. It is always good to use a combination of a fresh fruit and some dried soaked fruits with nuts or sprouted grains.

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Blueberry or Cranberry Snow Cookies/Scones

4 apples
3 carrots
2 cups pitted dates (packed)
4 cups soaked almonds
½ cup Pure Joy Coconut Oil (softened not completely melted)
3 cups raisins
4 cups shredded coconut
3 cups soaked walnuts or pecans (dehydrate ahead for best results)
2 cups blueberries or cranberries (frozen ok)
2 cups golden flax seeds ground into meal
1 tsp. Celtic sea salt
¾ tsp stevia powder (optional)
2 cups dried apples chopped fine in a food processor

Place apples, carrots, almonds, and dates in food processor or juicer alternate fruits, nuts, and dates (very important).
Mix all the ingredients together in a bowl.
Shape into 2 oz round cookies or 4 oz scones using ¼ or ½ measuring cup.
Dehydrate at 105 degrees (approx. 8 hours). Refrigerate if keeping more than 4 days.
Enjoy Snow Cookies/Scones with Coconut Honey Butter.
Makes 60 cookies or 30 scones.

Cream Sandwich Cookies

2C almonds, soaked overnight
2C dried shredded coconut, unsweetened
½ C raw carob
½ C raw honey
1C raw cashews, soaked overnight

Place almonds, 1 cup shredded coconut, carob, and ¼ cup raw honey in the food processor. Process until smooth. Spoon the batter into cookies 2 inches in diameter and ¼ inch thick on the teflex sheets and dehydrate for 4 hours.

Remove teflex sheets, turn cookies over, and dehydrate for an additional 4 hours.

Filling:
Mix cashews with remaining cup of coconut and raw honey in a food processor. Put filling between two cookies and refrigerate before serving.

Option: Agave Nectar instead of honey.

Linda Carpenter
Beautiful on Raw: Uncooked Creations

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Perky Pecan

2 cups raw pecans
1 cup organic raisins
half an apple, peeled, cored and cut into chunks
Unsweetened, un-sulphured, shredded Coconut

Alternate pecans, raisins, and pieces of apple through Champion or Green Star juicer using the blank.

Mix dough to smooth consistency.

Take slightly rounded teaspoonful of dough and roll into ball.
Roll in coconut.

Dehydrate for 10 hours at 105 degrees.
Store in refrigerator.

Note: you don't have to dehydrate if you do not wish. It simply makes a better consistency for the cookie.

- Carol S., Health Minister

Notes

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Puddings

Banana-Avo Pudding

Place 2 bananas and 2 avocados in blender.

Let'er rip!
You're done!
Garnish with berries or other fruit, and/or mint leaves.
Optional: add 2-4 soft dates

Serves 6..

- From Mark Blackburn

Smooth Coco Pudding

2 T. raw carob powder
1 avocado
meat of one young coconut,
6-8 soaked dates

Blend everything until smooth and creamy.

For a frozen dessert, freeze pudding in ice cube trays, run through juicer.

Banana Papaya Pudding

Smooth, creamy and filling, this pudding is also delicious with two pitted prunes or figs blended in. The variation with Tahini is particularly popular. When you make this pudding, don't throw away the papaya seeds. They have a wonderful spicy and peppery flavor. They can be dried and used to flavor other dishes

½ ripe papaya (approximately 1 cup peeled and seeded)
1 banana peeled and cut in chunks

Put the papaya in a blender and blend just enough to break up the fruit
Add the banana; blend until smooth

Eat immediately
Serves 1

Variation 1: Add 1-2 tablespoons raw almond butter, blend
Variation 2: Add 2-3 teaspoons raw Tahini, blend

- Anne Kaspar
Health and Wellness Consultant
bodybybliss@aol.com
bodybybliss.com

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Carob Honey Pudding

1½ lbs. Tofu
1 Tbsp. Vanilla
2/3 C. Carob Powder
2 tsp. Lemon Juice
½ C. Honey
Pinch of Salt
¼ C. Oil

Blend in a food processor or blender until smooth and creamy

Pour into individual serving dishes or baked pie shell.
Chill until set and serve.

Notes

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Desserts

Coconut Covered Date/Nut Balls

Ingredients:

2 cups Medjool dates, (pitted and soaked 30 minutes)
1 cup almonds OR pecans OR walnuts, (soak overnight/drain)
1½ cups shredded, unsweetened coconut
1 teaspoon ground cinnamon
½ teaspoon pure vanilla OR ½ vanilla bean, ground

Instructions:

Place nuts in bowl, add 2 cups distilled water, cover, allow nuts to soak overnight, then drain and set aside.
Pit dates, place in bowl; cover with distilled water, soak 30 minutes.
With "S" blade in food processor, add soaked nuts, pulse until nuts are finely chopped
Add 1 cup coconut, cinnamon, and vanilla, pulse until mixed.
Add soaked dates, a few at a time, processing until mixed.
Transfer to large bowl, kneed.
Roll balls to desired size, roll balls in extra coconut, or chopped nuts if desired.
These date/nut balls keep 2 weeks in refrigerator.

Raw Fudge

½ cup cashews, soaked 20 min.
½ cup pine nuts
1 cup pecans
8 Tablespoons carob powder
10-12 dates, soaked several hours
2 Tablespoons alcohol-free vanilla
water from soaked dates as needed
¼ cup raw almond butter
2 Tablespoons warm coconut oil
½ cup walnuts
4 Tablespoons agave syrup (cactus syrup - use instead of sugar or artificial sweeteners!)
Dash of Himalayan crystal salt or Celtic sea salt (optional)
Puree all ingredients except walnuts, until smooth and creamy in food processor.
Mix in chopped walnuts, mold into large square and place on parchment paper,
put into container and freeze 12 hours or more.
Remove and cut, keeps best in freezer.

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Tahitian Vanilla Crème Parfait with Tropical Fruit Compote

½ c cashews soaked 10-12 hours
2 c young coconut meat
¼ - ½ c coconut water
¼ c dates pitted (optional)
1½ t vanilla bean (1 bean)
2 T mesquite meal
½ t Celtic salt
2 c choice of fresh fruit sliced or diced thin tossed with
2 T orange juice and t cinnamon

In high-speed blender:
Blend the cashews, coconut, dates, vanilla, mesquite and salt until smooth. Continue by layering the crème and the sliced fruit in a parfait glass.

Garnish with fresh fruit and mint sprig for color.
Chill before serving.

For additional toppings, add candied nuts or dehydrated buckwheat groats.
Also try omitting the cashews for unsoaked macadamia nuts.

Serves 6

Mango-Lime Parfait

Almond maple crust mixture (set aside separate):
4 cups coarsely chopped mango (about 5 mangoes)
1 cup lime juice (or lemon juice)
1 teaspoon lime (or lemon) zest
4-8 dates, pitted and chopped

In a blender, place mango pieces and blend until smooth. Add lime juice, zest and dates and process until smooth. Be patient. Mango is a very fibrous fruit and you want to achieve smooth, pudding-like results.

In a parfait or wine glass, layer crust mixture and mango lime mixture.
Makes: 4 parfaits.

Variation: substitute papaya or persimmon.
Variation: add one whole peeled lemon or lime to the blender, along with the lemon or lime juice called for in the recipe, for a strong citrus flavor.
Variation: Add another layer, thinly sliced Kiwi fruit or strawberries.

- From the book, *The Raw Gourmet, Simple Recipes for Living Well*

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Apple Tart

2 ½ C Walnuts
1½C Dates
3 Apples
1 Lemon (squeezed into 2 cups water)
¼t Cinnamon
1/8t Allspice
1/8t ground cloves
2T Honey
½C Apple Juice
¼C Raisins

Combine walnuts and dates in food processor or blender (remove pits and cut off stems if needed). Mix until ground, but not smooth (45 seconds). Press evenly into a 9 inch pie tin or tart pan. Refrigerate and continue preparing filling.

Chop or slice apples into inch thick slices and place into lemon water for 3 minutes, then drain them. Spread apples evenly over cooled crust. Mix together the cinnamon, allspice, ground cloves, honey, apple juice and raisins.
Spoon over apples.
May be served right away, or keep refrigerated until needed.

Optional: top with plain yogurt or homemade cream or sauce.
2C soaked cashews or pecans
1½C water
½ C pure honey
1T pure vanilla
1t almond extract

Blend all ingredients together in blender till fluffy. Add a dash of maple syrup if desired (transitional).

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Raw Whipped Cream

1½ c cashews
¼ - ½ c agave
¼ t sea salt
water as needed

Soak cashews for about 4-8 hours. Drain and rinse. Put in a Vita Mix blender with salt and agave and blend using the plunger to keep it moving. Add enough water to make the consistency like Whipped Cream. If it gets too thin simply put it in the fridge until stiff and then re-whip it in a food processor to the right consistency. Put over fruit, use as a creamer, or on raw cakes, cookies, and ice cream!

Enjoy!
- thanks to Schrall at thehealingmeal.com

Banana Whip Recipe

2 bananas
1 tbsp. lemon juice
1 tbsp. honey
1 oz. almonds
Combine ingredients in the blender, beat up into a whip.

Drink and smack your lips, and say, "Ahh!"
-fromchetday.com

Coconut Flan with Orange Glaze

2 cups young coconut meat, packed
¼ cups pitted dates, packed
2 ½ teaspoons vanilla
1½ teaspoons psyllium powder
1 Pinch of Celtic Sea Salt
¼-1/3 cup coconut water
Blend all ingredients, add:
¼ cup coconut water, to thick consistency.

Pour in pie, brownie dish or single tart molds.
Layer top with the orange glaze, (below).

Orange Glaze:
2 cups orange juice
1½ cup pitted dates, packed
¾ teaspoons cinnamon
1 Pinch of Celtic Sea Salt
2 tsp. psyllium powder

Blend 1 cup of juice and dates until creamy.
Add remaining ingredients, blend well.

Serves 2

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Melt-In-Your-Mouth Coconut Oil Fudge

1-½ cups Pure Joy Coconut Oil (liquefied by placing in a bowl of hot water)
1-½ cups Rapadura (a whole unprocessed natural sugar), Sucanat or honey
1 cup carob powder or organic cocoa powder
½ tsp. Celtic sea salt
1/8 vanilla bean (scrape the inner beans out with a spoon) or 1 tsp. vanilla extract

Melt the coconut oil. If using Rapadura or Sucanat, blend it in a dry blender until it becomes a light powder. Mix all ingredients together in a blender until smooth.

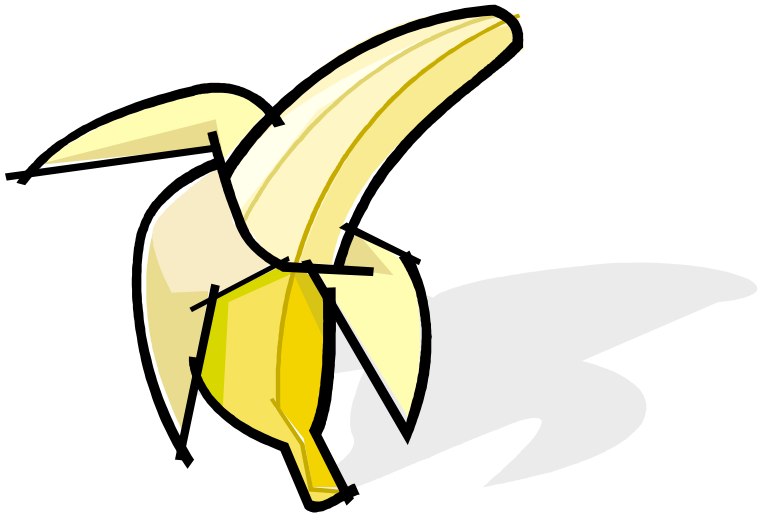
Pour into a large glass lasagna pan or something equivalent in size. Let set up at room temperature (below 70 degrees) or in the refrigerator.
Cut into small candy-sized pieces.

Store in the refrigerator for up to 12 months.

Ice Crème

1. Freeze bananas, strawberries, mangos, blueberries, raspberries, papaya, or peach
2. Run the frozen fruit through the champion juicer, green power, or Vita Mix
3. Run frozen fruit separately or in combination with another. The sky is the limit.

Banana Ice Crème



Ingredients
Frozen Bananas
Preparation
Feed frozen bananas into juicer.
Chill juicer parts in freezer first
Makes a small batch.
Garnishment Toppings: Fresh fruit

- from*Nature's Pantry* by Mark Blackburn

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Frozen Vanilla Bliss

This tastes very much like dairy soft serve ice cream, only better. Not only is it a great way to start your day but it also makes a healthy snack. Use more Tahini if you are a bodybuilder or are trying to increase your (good) fat, protein and calorie intake. Bodybuilders might try 1 cup of water, 4 tablespoons of Tahini and 2 frozen bananas. The addition of carob or other fruit works very well in this recipe--let your imagination run wild! If you prefer a sweeter drink, add one or two soaked dates, or a bit of maple syrup (which is not raw).
¾ cup water
2 tablespoons raw Tahini, or more to taste
1-2 frozen bananas, cut in chunks
Dash vanilla (optional)

In blender, combine water, Tahini, banana and vanilla.
Blend until thick and smooth.

Serve immediately.
Serves 1.

(From *The Raw Gourmet* (Alive Books, 1999) by Nomi Shannon)
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Banana-Avocado Crème Bars

Cream
2 avocados
4 very ripe bananas
2 tsp vanilla ext.

Crust
2 c. soaked almonds
8 dates
1 tsp vanilla ext. 2 tsp cinnamon
1 tsp nutmeg
Pinch of salt

Topping
Shredded coconut

1. In food processor or Champion juicer homogenize all the ingredients for the crust.
2. Press into a 9x6 Pyrex deep dish.
3. In a food processor blend avocados, bananas, and vanilla until a smooth cream is reached.
4. Spread cream over crust
5. Top with a generous amount of shredded coconut.
6. Chill for one hour.

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Natural Remedies

Homemade Honey Cough Syrup

1 tablespoon licorice root
1 tablespoon marshmallow root
1 tablespoon plantain leaf
1 teaspoon thyme leaf
1 pint water
4 tablespoons honey
4 ounces vegetable glycerin
1/8 teaspoon anise essential oil (optional)

Instructions:

Prepare a triple-strength tea by simmering the herbs in water for 10 minutes, then steeping for 20 minutes.

Strain the tea, then stir in honey and glycerin while the tea is still warm.

Add optional essential oil.

Take 1 tablespoon at a time.

Stored in a cool place, this syrup will keep for 2 weeks. In the refrigerator, it will keep for several months. This recipe is suitable for children, but not for infants, who should not have honey.

- Thanks to Suzanne

When I was chief physician at Hotel Dieu Hospital, Paris, some 3,500 patients passed through my hands during a year.

Before my term expired I tried the experiment of giving one-half of the patients that were then present no medicines at all; the rest, the usual medical treatment.

The former were given, instead, only what is known as "Food and Home Remedies," and, to my unbounded surprise, they all got well - not a single death; while among those receiving medical treatment the customary number of deaths occurred.

Dr. F. Magendie

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Caroline's Herbal Tea for Colds

½ inch of fresh ginger
3-4 grains of black pepper
3-4 sticks of cloves
1 inch of cinnamon stick
A few cardamom seeds

Boil for 10 minutes and drink at the first symptoms of a cold.
Drink throughout the day.

Herbal Tooth Powder

6 parts Comfrey Root (Symphytum officinale)
3 parts Oak bark (Quercus Alba)
3 parts Horsetail grass (Equisetum hyemale)
3 parts Peppermint (Mentha piperita)
1 part Lobelia (Lobelia inflata)
1 part Cloves (Syzygium aromaticum)

Powder all herbs, mix well. Store in air-tight container. This herbal food combination used to help strengthen the gums (bleeding and pyorrhea-type infections of gums), and assist in tightening loose teeth.

This type of tooth powder will brighten tooth luster, make a healthier mouth. For severe cases, place this powder combination between the lips, gums (upper and lower) around entire tooth area, and leave on all night, six nights a week (brush regularly) until improvement is evident. Continue with regular brushing with herbal food mixture.

- From *School of Natural Healing*, by Dr. John R. Christopher

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Aromatherapy

10 drops Marjoram
10 drops Lavender
10 drops Eucalyptus
1 oz Sweet Almond Oil

Use essential oils in massage for all sorts of things such as stress, headaches, muscle & joint pain, arthritis, dry skin, anxiety, panic attacks, and much more. If you haven't tried aromatherapy massage yet I highly think you'll be amazed how much better you feel after a good massage with the right essential oils.

- Contributed by Jan Jensen

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Raw Vegan Pizza made by Dr. Carey

(photo by Col. Larry Meggs)

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